



ST. MARY'S COUNTY
HEALTH DEPARTMENT
Heart. Science. Service.

present

LIVE COOKING DEMONSTRATION

GESTATIONAL DIABETES

WITH SHANIQUA COUSINS

Southern Maryland Kitchen Bath Floors & Design
23415 Three Notch Rd #2025, California, MD 20619



SEPT
13
6:00 PM

As a Certified Health & Life Coach, Shaniqua encourages clients and audiences to take control of their health and wellness by preparing and sharing real meals, flavored with love!



[Click here to register or scan the QR code!](#)

