

PRESENTING
FREE COOKING DEMONSTRATION

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!



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

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



2024 SPONSORS



**ST. MARY'S COUNTY
HEALTH DEPARTMENT**