



Spouse Program



**Saturday
March 2, 2019**

Overland Park Convention Center

Keto & Low Carb Cooking

Start your morning off with a health education and nutrition-based cooking course. Our instructor will bring us all the inside scoop on the new diet craze – keto.

This session will feature a mid-morning cooking experience where you will have a hands-on experience with low-carb cooking!



Wine Tasting

Take a moment to slow down and enjoy a wine tasting course! During this course you will learn how to refine your palate and engage with new wines you might not have tasted before.

A sommelier from KC's own Tannin Wine Bar will walk through the experience and enjoyment of wine tasting.



Pricing

Register TODAY!

Includes all sessions & supplies!

Conference Meal Package Purchased Separately



Herb Gardening Craft & Learn

Always wish you had a green thumb? Want to perfect your gardening skills? Join us for an



afternoon DIY craft to start off your spring! During this hand-on craft activity you will make an herb planter, fit for

any season. While crafting, our presenter will provide you with great tips and tricks to ensure you have a green thumb this Spring.

Schedule of Events

Saturday, March 2, 2019

10am-12pm	Keto & Low Carb Cooking
12pm-2pm	LUNCH BREAK On your own
2pm-3:45pm	Herb Gardening Craft & Learn
4pm-5pm	Wine Tasting

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