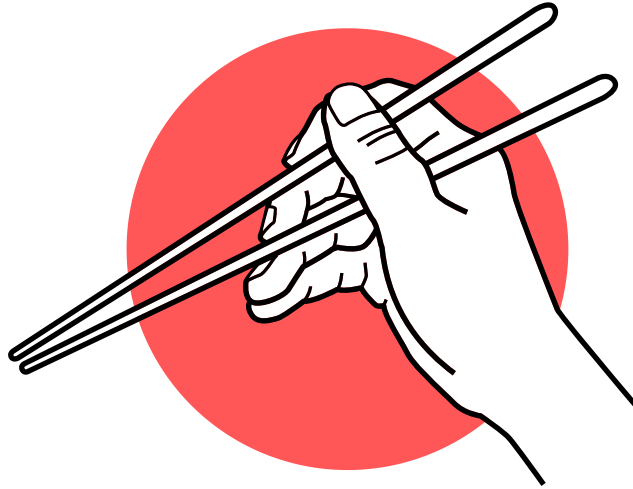


Chopstick

Lunch & Learn



Using chopsticks helps you lose weight, improve coordination, and become a more mindful eater.

Chopsticks have been around for 5,000 years and are used by billions of people.

Originally made from wood, ivory, or jade, today's chopsticks are made from bamboo, porcelain, or plastic.

Come have a snack and some great conversation while you learn the art of using chopsticks. We will have a boxed lunch that's perfect for mastering the art of the chopstick.

Bring a friend so you have someone to laugh at!

