



One Plate Self-Care Social



One plate. One moment. One community. One Plate Self-Care Social is a warm, community-centered gathering that blends mindful eating, music, creative reflection, and meaningful conversation. Participants cook one curated dish designed to nourish both body and mind while engaging in creative prompts. Each session focuses on creating personal plates using one pot, one casserole dish, or one pan. Ages 18+.

Tuesdays, 5:00 - 6:30 PM Sessions

February 24 - April 7 (No class March 17.)
April 14 - May 26
August 11 - September 22

**Fee: Resident \$70, Non-Resident \$105
Club 55+ membership accepted.**

South Side Cultural Arts Center
701 South Andrews Avenue
Fort Lauderdale, FL 33316

PARKS & RECREATION
City of Fort Lauderdale

parks.fortlauderdale.gov/southside

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