




Feast on fall

HIDDEN AGENDA

 **Fall Harvest Workshop at Event Studio**
2027 W. Division St., 773-227-1122, eventstudiochicago.com

Check it out if you ... would like to start eating healthier, want to impress guests with your stylish home, already are planning for Thanksgiving and could use some help.

The deets: Event Studio, a new event planning boutique, kicks off its monthly do-it-yourself seminar series at 2 p.m. Oct. 10. The free event features a demonstration from dietitian and nutritionist Shana Peters on how to make familiar recipes healthier. Focusing on fall tastes, you'll learn how to prepare

pumpkin bread and homemade granola and take home the recipes. Along with cooking tips, you can get advice on using fall produce such as pumpkins and gourds to decorate your table. The class includes hot cider, red wine and a goody bag with wine pairing suggestions, decorating tips and a coupon for 15 percent off any item in the store.

The payoff: Learning how to plan a healthy and stylish fall dinner.