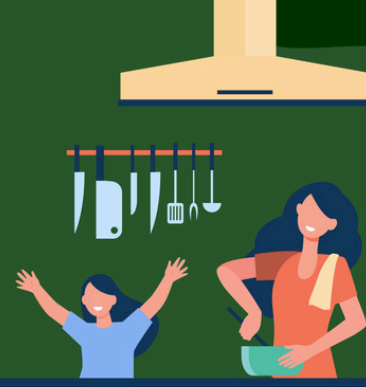


AUGUST

Nutrition and Cooking Classes



8/5

9:30 am – 10:30 am

***This is a TUESDAY**

Cooking Demonstration

Local chef Jeremy Johnson is joining us to share fresh, plant-forward recipes perfect for busy days. Come get inspired with easy seasonal meals that help you feel good and stay on track.



PRODUCE
PICK-UP DAY
9:30-11:30am

8/14

6 pm – 7 pm

Zoom Class: Reset & Refocus

Join us for a supportive group session focused on resetting your routine, making realistic goals, and finding what actually works for you. This isn't about being perfect—it's about showing up for yourself in small, doable ways that stick.



8/20

9:30am - 10:30 am

Sleep & Your Health

Getting good sleep is one of the most powerful things you can do for your health. Join us in person as a local doctor shares simple tips to help you sleep better and feel your best.



PRODUCE
PICK-UP DAY
9:30-11:30am

8/23

9:30 am - 10:30 am

Cooking Demo at Natural Grocers

Join local chef Taylor LaTouche at Natural Grocers for a fun demo full of simple, seasonal meals. You'll learn easy ways to prep ahead, eat well, and stay on track—even on your busiest days.



8/28

6 pm – 7 pm

Zoom Class: Sleep & Your Health

Let's talk sleep! A local doctor will share easy ways to improve your rest and boost your overall health. Scan the QR code to join us on Zoom



All in-person classes are held at the **North Regional Health and Wellness Center at 5635 MLK Jr. Blvd, Tulsa, OK, 74126.**
For more info, contact Kiandra at 918.928.8227 or kiandra@freshrxok.org.

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