

# SEPTEMBER

## Nutrition and Cooking Classes



9/3

9:30 am - 10:30 am

**A1c Testing Day!!!**

### Cutting the Salt & Cooking with Herbs

Learn how to season food with flavor, not sodium! Together we'll create a few simple herb blends and explore how making your own spice mixes can be healthier, fresher, and more affordable than store-bought.



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

9/4

6 pm - 7 pm

### Spot The Pattern- Diabetes & Lifestyle

Together, we'll look at real-life examples to uncover how daily habits impact diabetes risk & blood sugar management. You'll build problem-solving skills that make it easier to connect the dots in your own health journey.



9/17

9:30 am - 10:15 am

### Mental Wellness w/ Skillz on Wheelz

Take a break and recharge! Skillz on Wheelz will guide hands-on activities and simple strategies to boost mood, manage stress, and keep your mental health rolling strong.



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

9/18

6 pm - 7 pm

### Zoom Class- Mental Wellness

Join us online as Skillz on Wheelz shares practical tools and uplifting strategies to reduce stress, build resilience, and support your mental well-being—right from your screen.



All in-person classes are held at the **North Tulsa Health Department at 5635 MLK Jr. Blvd, Tulsa, OK, 74126.**  
For more info, contact Kiandra at 918.928.8227 or [kiandra@freshrxok.org](mailto:kiandra@freshrxok.org).

**FRESH**  
OKLAHOMA

[www.freshrxok.org](http://www.freshrxok.org)

Scan the QR code  
to see our content on YouTube.  
Subscribe to be notified when a  
new class is uploaded!

