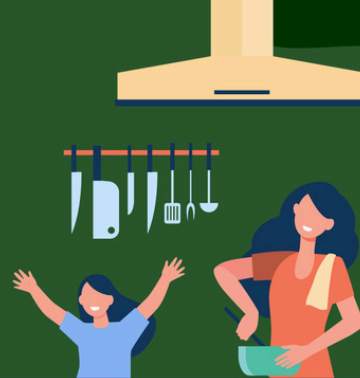


OCTOBER

Nutrition and Cooking Classes

****A1c Testing on March 19th**



10/3

9:30am- 10:30am

***This is a FRIDAY**

Cooking Greens w/ Chef Chad Cherry

Holiday tables aren't complete without greens! Chef Chad Cherry is bringing them back with a holiday twist! Come learn how to keep the tradition alive while nourishing your body.



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

10/9

6 pm – 7 pm

Healthy On A Budget – Zoom

Eating well doesn't have to be expensive! In this virtual class, we'll share simple tips for stretching your grocery dollars, planning affordable meals, and making the most of seasonal produce- keeping your health and budget in balance!



10/15

9:30 am – 10:30 am

Guided Meditation with Natalie

Building on last month's focus on mental health, this session will guide you through simple techniques to manage stress, support emotional balance, and more. A calming practice you can take with you everyday.



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

10/29

9:30 am – 10:30 am

Staying Healthy During the Holidays

Krystal Dunham, MS, RDN, LD (Mother Road Dietician) will share practical ways for enjoying holiday traditions while making healthier choices - from balanced meals to mindful habits so you can feel good all year long!



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

10/30

6 pm – 7 pm

Healthy During the Holidays–Zoom

Krystal Dunham, MS, RDN, LD (Mother Road Dietician) will share practical ways for enjoying holiday traditions while making healthier choices - from balanced meals to mindful habits so you can feel good all year long!



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 918.212.4693 or kiandra@freshrxok.org.

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