

DECEMBER

Nutrition and Cooking Classes



12/4

6 pm - 7 pm

Pantry Meals 101: Zoom Class

This class will teach you how to build healthy, flavorful dishes using low-cost ingredients you likely already own. We'll talk through easy recipes, smart substitutions and quick ways to stretch what you already have on hand.



12/10

9:30 am - 10:30 am **A1c testing day**

Seasonal Staples: Black Eyed Peas

Chef Ashley Jackson will be teaching us how to make a batch of dried black eyed peas and 3 simple and delicious dishes you can make at home for the New Year! Full of flavor, prosperity and nutrients, what more could you want?



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

12/11

6pm - 7pm

Micro Habits & Mindful Reset- ZOOM

This end of the year workshop we will be exploring simple and sustainable micro-habits to support our overall wellness. We will choose habits from a habit menu, create SMART goals and end with a calming breath-work session.



12/19

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

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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