

# FEBRUARY

## Nutrition and Cooking Classes



2/4

9:30 am - 10:30 am

### Stretch & Snack

Natalie McEntire will be leading us through a beginner friendly, chair yoga session! Movement is also medicine and a great way to support your heart and mental health. Samples of plant based protein bar after the session.



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

2/5

6 pm - 7 pm

### Virtual Cooking Class

Andrea Condes, chef & educator will be teaching us to make a delicious and nutritious meal using seasonal and traditional Indigenous foods. This live cooking session is a great way to ask questions and learn from a professional Chef.

Scan the code to join! →



2/18

9:30am - 10:30am

### Cooking with Color

Chef Chad Cherry will be sharing some yummy, easy to prep breakfast options to start your day off right and support your heart health by eating whole grains. Samples will be given out to attendees.



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

2/19

6pm - 7pm

### Virtual Class - Heart Health

Julie Barlow, MAS, BSN, RN will be teaching about heart health and the importance of managing Diabetes to help prevent complications. This session will give you an understanding of how heart health and Diabetes are connected,

Scan the code to join! →



All in-person classes are held at the **Food Bank of Eastern Oklahoma** located at **1304 N Kenosha Ave, Tulsa, OK, 74106**.  
For more info, contact Kiandra at 918.212.4693 or [kiandra@freshrxok.org](mailto:kiandra@freshrxok.org).

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