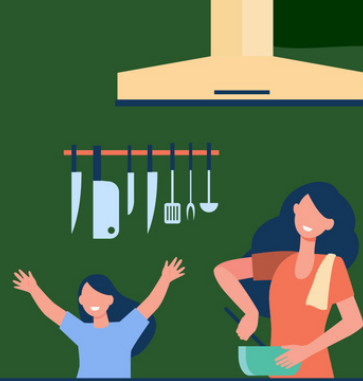


SEPTEMBER

Nutrition and Cooking Classes

****A1c Testing Month**



9/2

9:30am- 10:30am

Chair Yoga: Movement for Every Body

Join us for a gentle, accessible chair yoga session focused on movement, balance and stress relief. No yoga experience needed, just come ready to move at your own pace.



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

9/3

6 pm – 7 pm

Building a Balanced Meal

What actually makes a meal “balanced”? Join Registered Dietician Katie Drakeford to learn simple ways to combine protein, fiber, healthy fats, carbohydrates and produce to build satisfying, healthy meals. Scan code to join



9/16

9:30 am – 10:30 am

A1c Testing

Cooking Demo with Jeremy Johnson

Join Chef Jeremy for a live cooking demonstration featuring practical techniques for making healthy and flavorful dishes. Learn simple ways to build flavor, use seasonal produce and simple ingredients into delicious meals at home.



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

9/17

9:30 am – 10:30 am

Sleep Hygiene

A good night’s sleep supports more than just your energy! Join Dr. Sarah-Anne Schumann to explore how sleep patterns impact our health and learn strategies for building a better sleep routine. Scan the QR code to join.



9/30

6 pm –7 pm

A1c Testing

Putting Healthy Habits into Practice

Put your healthy living knowledge to the test! Work through real-life scenarios, identify challenges and explore practical solutions for managing health and everyday habits, and when it’s time to reach out to a health-care professional.



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

All in-person classes are held at the Food Bank of Eastern Oklahoma at 1304 N Kenosha Ave, Tulsa, OK 74106.

For more info, contact us at 918.212.4693 or info@freshrxok.org.

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OKLAHOMA

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

