NOVEMBER

Nutrition and Cooking Classes



11/5

6 pm - 7 pm

Financial Health and Wellness

Join Ray'chel Wilson as we explore the connection between financial health, stress, and overall wellness. Learn practical strategies to manage your money, reduce financial stress, and build healthier financial habits.

11/11

9:30 am - 11:30 am

Hands On Holiday Cooking

Get hands-on in the kitchen as we learn how to spatchcock a chicken and prepare delicious, nutritious holiday dishes! Discover simple cooking techniques and flavorful ways to make your holiday meals healthier.

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

11/12

6pm - 7pm

Mental Health and Wellness

Join Skillz on Wheels to explore the connection between mental health and overall wellness. Learn healthy coping strategies, practical stress management tools, and resources to support your emotional well-being.

11/25

9:30am - 10:30am

Guided Meditation

Take a moment to slow down and recharge before the holiday season! Experience guided meditation, soothing sound bath therapy, and gentle breathwork to calm your nervous system, ease stress, and encourage relaxation.

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

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.

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www.freshrxok.org

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