

DINNER MAKES A DIFFERENCE LEARNING CIRCLE



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CODE TO JOIN!

Friday noon - 1 p.m.
via Zoom

Meeting ID: 926 3324 7356

Password: HealthEd!

Control Your Cholesterol with Tasty Meals

In recognition of National Cholesterol Education month, join Southcentral Foundation Health Education to learn new easy ways to incorporate oats, grains, and fortified foods in your meals.

Contact SCF Health Education at (907) 729-2689 to learn more.

Friday, Sept. 3

Chicken Lettuce Wraps

Learn how to lower cholesterol with easy meals you can make ahead of time.

Friday, Sept. 10

Lemon Kale Chicken Pasta

Learn about the benefits of incorporating whole grains into your family meals.

Friday, Sept. 17

Oat Power Bowl

Start your days off right with a powerful cholesterol busting breakfast!

Friday, Sept. 24

Ptarmigan Fajitas

Learn the various uses of the willow ptarmigan while incorporating it in a tasty meal.