

DINNER MAKES A DIFFERENCE LEARNING CIRCLE



SCAN THIS QR
CODE TO JOIN!

Friday noon – 1 p.m.
via Zoom

Meeting ID: 926 3324 7356

Password: HealthEd!

Give Thanks to Your Body by Eating Well

The best way to give back to yourself is to fuel your body with protein, vitamins, and nutrients.

Learn how by joining the Dinner Makes a Difference virtual learning circle.

Families with children of all ages are welcome.

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

Friday, Nov. 5

Skillet Pork Chops with Apples and Onion

Learn how to combine sweet and savory flavors to
make a diabetic-friendly recipe.

Friday, Nov. 12

Sweet Potato Carrot Crisp

Learn how to make a healthy side dish to bring to your
family holiday gatherings.

Friday, Nov. 19

Simple Sesame Chicken with Couscous

Learn how whole grains can have a positive impact on
your heart health.

Friday, Nov. 26

No class

Enjoy the holiday. See you next week!