

DINNER MAKES A DIFFERENCE LEARNING CIRCLE



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CODE TO JOIN!

Fridays noon – 1 p.m.
via Zoom

Meeting ID: 926 3324 7356

Password: HealthEd!

Explore Nutritious Foods and Their Benefits

Healthy foods come in all shapes and sizes. Learn how to prepare them for your next family meal. Customer-owners of all ages are encouraged to join us.

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

Friday, Oct. 7

Citrus Coconut Steamed Cod

Breast Cancer Prevention Foods

Friday, Oct. 14

Fresh Salad

with Blueberry Vinaigrette

Breast Cancer Prevention Presentation with Julie

Friday, Oct. 21

Instant Pot Pinto Bean Soup

Beans for Cancer Prevention

Friday, Oct. 28

Matcha Green Tea Cookies

National Breast Cancer Awareness Month