

DINNER MAKES A DIFFERENCE LEARNING CIRCLE



**SCAN THIS QR
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.

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

Friday, May 5

Rainbow Frittata

Nutrition for Eye Health

Friday, May 12

Fish Tacos with Mango Pico

Women's Health Tips

Friday, May 19

Sweet Potato Chili

Stroke Awareness

Friday, May 26

**Summer Chipotle Chicken Cobb Salad with
Cilantro Vinaigrette**

Eating for Mental Health