



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, June 2

Pasta e Fagioli

Alzheimer's and Brain Health Awareness Month

Friday, June 9

Crispy Broccoli Caesar with Kale and Chickpeas

Summer Produce Recipe

Friday, June 16

Whole Foods Chicken Burritos

Men's Health Month—Men's Optimal Health Foods

Friday, June 23

Cherry Hand Pies

All About Cherries

Friday, June 30

Smoked Salmon Crostini

Benefits of Wild Alaska Salmon

