



June COOKING DEMONSTRATION

“Men’s Health: High-Fiber, Protein-Packed Mac-n-Cheese for Strong Bodies and Balanced Blood Sugar”

Wednesday, June 24
5 - 6:30 PM

At the Healthy Teaching Kitchen
at Cow Creek Health & Wellness Center
2589 NW Edenbower Blvd, Roseburg

RSVP to (541) 672-8533
Press #2 for Roseburg
Registration is Required

Free Class

Join the Healthy Living Team for a healthy twist on Mac-n-Cheese. This plant-based, nutrient-packed recipe will balance blood sugar and support heart health and an active lifestyle. Try out this recipe to keep the body strong and resilient and on a track towards longevity.

Food samples, recipes, and gifts with each class!

Meet our ts’ámx yuwáx tamiínsii (Healthy Living Team)

[ts'-AHM-x yoo-WAH-x dah-MEEN-see]



Claire Grubb, RD, LD



Peyton Rondeau, MS, RD



April Gilliom, ND