



May COOKING DEMONSTRATION

“Diabetes Prevention with Dark Leafy Greens”

Wednesday, May 27

12 - 1:30 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

Dark leafy greens: What are they? How do I cook them? Where do I find them? To answer these questions and more about diabetes prevention and remission, join the Healthy Living Team in preparing a snack or meal starter with oil-free acorn fry bread and dark leafy greens pesto. We'll enjoy fresh flavors and warm bread together, while boosting health and balancing blood sugar.

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