



# *August* COOKING DEMONSTRATION

“Home Canning: A Way to Improve Our Eye Health”

Wednesday, August 26  
5 - 6:30 PM

Healthy Teaching Kitchen  
2589 NW Edenbower Blvd, Roseburg

Thursday, August 27  
2 - 3 PM

CCH&WC South Campus  
480 Wartahoo Lane, Canyonville

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

## Free Class

Join the Healthy Living Team to learn the fundamentals of safe home canning while exploring how nutritious foods can support diabetes management and overall eye health. This beginner-friendly class is perfect for anyone interested in learning how to safely can vegetables. Each participant will prepare and take home a jar of customized, canned carrots..

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



Scan the QR code to learn more about us!