

November COOKING DEMONSTRATION

"The Kitchen Spa: Skin Care with Foods in the Kitchen"

Wednesday, November 18
5 - 6:30 PM
Healthy Teaching Kitchen
2589 NW Edenbower Blvd, Roseburg

Thursday, November 19
2 - 3 PM
CCH&WC South Campus
480 Wartahoo Lane, Canyonville

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

Free Nutrition Class

During Diabetes Awareness Month, we'll share recipes to nourish the skin; a time to relax and unwind. Naturopathic physician, Dr. April Gilliom, will share how "spa time" is diabetes prevention. We'll get playful with our food and herbs, making products for the face, skin, and scalp.

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!