



October COOKING DEMONSTRATION

"Breast Cancer Awareness Month: Reduce Cancer Risk with Nutrition"

Wednesday, October 28
5 - 6:30 PM

Healthy Teaching Kitchen
2589 NW Edenbower Blvd, Roseburg

Thursday, October 29
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

In honor of Breast Cancer Awareness Month, the Healthy Living Team will be preparing two dishes using some of the most nutrient dense foods to decrease inflammation and reduce risk of cancer. We'll start with a savory silken tofu appetizer and finish with a delicious "Egg Roll in a Bowl" made with whole grains, ground beef, and vibrant vegetables. Join us to learn more about cancer prevention and preparing healthy recipes!

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!