

# FREE

# Cooking Classes

Eating healthy is easier than you think. Come learn new recipes and techniques for preparing delicious meals. **All classes include free samples and recipe cards to take home.**

Classes are held at 6pm at the Tulsa Health Department's North Regional Health and Wellness Center located at **5635 N. Martin Luther King Jr. Blvd.** and can be viewed live on the Tulsa Health Department's Facebook page

Seating is limited so registration is required. To register, please visit [tulsa-health.org/cookingclasses](https://tulsa-health.org/cookingclasses) or call **918.595.4419**. Registration opens on the first of each month.

**January 10**  
Meal Prep with Fish

**January 24**  
Instant Pot Tips  
and Tricks

**February 14**  
Heart Healthy Cooking

**February 28**  
Diabetic Cooking

**March 14**  
Canned Protein

**March 28**  
Vegetarian Cooking

**April 11**  
Feeding your Infant  
or Toddler (6mo-5yr)

**April 25**  
Mexican Flavors

**May 9**  
Diabetic Cooking

**May 23**  
Mediterranean Diet

**June 13**  
Picnic Favorites

**July 11**  
Cutting the  
Added Sugar

**August 8**  
Feeding your School  
Age Child

**September 12**  
Sheet Pan Dinners

**September 26**  
Meal Prep—Breakfast  
and Lunch

**October 10**  
Diabetic Cooking

**October 24**  
Heart Healthy Cooking

**November 14**  
Thanksgiving

**December 12**  
Holiday Favorites