



# Press Release



wichitafallstx.gov

**For Immediate Release**  
**October 24, 2023**

## **Free Cooking Class Featuring Taco Monday**

Wichita Falls, Texas- Join LiveWell Wichita County for a free cooking class on Monday, October 30, 2023, from 12:00 p.m. to 1:00 p.m. for “Taco Monday” at the Health District.

On the menu: Taco Soup.

Citizens have until October 27, 2023, to register and seats are limited. This is the last cooking class in the “Food from Around the World” series. This event is open to the public including kids.

The LiveWell program exemplifies one of the goals detailed in the Community Health Improvement Plan to create a culture in the community that supports and encourages healthy behaviors.

The cooking classes are one way to show our commitment to the plan by helping our community live healthier and more productive lives through food education and demonstration.

Visit [LiveWellWichitaCounty.com](http://LiveWellWichitaCounty.com) and click on the “Events” section, to sign up.

For more information or questions please call Jelecia Miller at 761-7699.

###