



# Press Release



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**For Immediate Release**

**November 6, 2023**

## **Free Cooking Class Through LiveWell**

Wichita Falls, Texas- LiveWell Wichita County is offering a free cooking class on Wednesday, November 15, 2023, at the Health District.

The class will be from 5-6 p.m. and will feature Monte Cristo Sliders.

Registration ends on November 15, 2023. Seats are limited so register today by clicking [here](#).

LiveWell Wichita County is a local initiative to bridge the gap between health and the community.

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.

If you have specific questions about the program, please call Jelecia Miller at 761-7699.

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