

For Immediate Release

August 16, 2024

Around the Table: Nourishing Families Series

Wichita Falls, Texas - The Wichita Falls-Wichita County Public Health District's WIC Program and Eat Well Program are partnering with Wichita Falls Area Food Bank to host a cooking series every Tuesday from August 20th through September 24th at 9:30 AM in the Health District teaching kitchen located at 1700 Third St.

In each class, you will learn to cook, eat, de-stress, and discover realistic ways to care for yourself and your family through nourishing your mind, body, and spirit. This class is open to the public.

Be sure to sign up via the QR code below, or visit

<https://livewellwichitacounty.com/activities/around-the-table-cooking-series/>

If you have specific questions about these classes, please call Anais Olszewski at 940-761-7815.



**AROUND THE TABLE:
NOURISHING FAMILIES**

TUESDAYS AUG 20 TO SEPT 24
AT 9:30 AM

Join us to cook, eat, de-stress, and learn realistic ways to care for yourself and your family through nourishing our mind, body, and spirit.

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