

# Healthy Eating On a Dime



*At this class you will learn:*

- Shopping for key nutritious foods for less.
- Incorporating healthy foods into your day.
- Budget-friendly, nutritious & delicious recipes.

**Class is free. Registration required.**

Sharon Stroud, Healthy Eating Specialist , Whole Foods

Tuesday, June 10th, 2014 3:30-4:30pm

@Central Center . RSVP 918.596.1444

Free Admission—Registration required.



Central  
Center  
in Centennial Park

1028 East Sixth Street  
Tulsa, OK 74120  
Phone: 918.596.1444

TULSA  PARKS