



Come Join Us At Our Nutrition Kitchen in Prineville

Prepare and sample tasty, healthy meals, learn about nutrition, and have fun!

- Learn how to:
 - Plan healthy meals
 - Shop for healthier options
 - Save money at the store
 - Cook different foods and recipes
- Classes are free, and open to Mosaic patients
- Class size is limited to 10 people
- Presented by OSU Extension Services
- Masks will be required

DAY & TIME

Thursdays

Feb. 9, 16, 23, Mar. 2, 9

1 p.m. – 2:30 p.m.

Sign up in advance

VENUE

Mosaic - Prineville Clinic

Conference Room

375 NW Beaver St.

Prineville, Oregon 97754

To register, or to learn more, phone 541-383-3005