

Every third Thursday 5:30 – 7:00 pm

FREE! | Attend 1 or all! | Light dinner / healthy snacks provided

RSVP's appreciated | RSVP required for childcare | 2424 West 5th Street *Conference room*



WEDs, May 9, 16, 23, 30 | Healthy Practices for the Mind-Body-Soul

(Attend All 4 sessions, each 5:30 – 7:30)

Offered in partnership with Duluth's "Make it OK" Campaign during May's Mental Health Awareness Month

Join our Mindfulness series: a two-hour weekly session that nourishes your mind, body, and soul. Learn how to rejuvenate your wellbeing with gentle yoga poses and meditation you can easily practice at home. You'll come away feeling calm and peaceful.



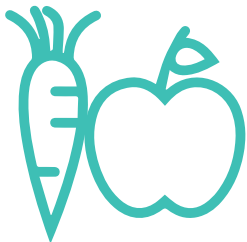
May 17 | Don't Have Time to Cook Daily? (Cooking Demo)

Get some mileage out of the food you prepare. Let's learn how to cook once and create a few meals with just some simple tweaks. Up close and personal—hands on learning!



June 21 | Are You Ready to Quit?

Choose to kick tobacco to the curb. Addiction is a real and powerful thing. This workshop will explore ways to cut back and ultimately cut the ties of tobacco and you! No shame - Only Support!



July 19 | Fun Ways to ENJOY Fruits and Veggies!

Move over boring vegetables! Let's learn how to put together fruits and veggies into a meal you actually look forward to eating!



August 16 | Tricks Behind Food Labels

There are a variety of ways for food manufacturers to bend the truth on their labels. Be smart and get equipped before you grocery shop.