

The Seminole Nation Diabetes Program & the Reynolds Wellness Center are partnering up with the Chickasaw Nation "Get Fresh Cooking" Crew to host this healthy living event.

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Limited to 45 people!



Get Fresh Cooking

Post-Holiday Healthy Eating Ideas

January 15, 2013 6:00 pm – 7:30 pm

The Seminole Nation of Oklahoma Diabetes Program, in coordination with the Reynolds Wellness Center, will be hosting a free cooking demonstration open to the public. The focus is on how to eat a healthy meal to start your New Year resolution off in the right direction.



Reynolds Wellness Center



Located at 1001 E. Strother, Seminole, OK

For Info Call: 405-382-3761