



Press

Release



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For Immediate Release

December 6, 2023

Final Free Cooking Class for 2023

Wichita Falls, Texas- LiveWell Wichita County is holding their last free cooking class of 2023.

They will finish the year with Green Chicken Enchiladas and Authentic Mexican Rice.

The class is at the Wichita Falls Wichita County Health District on Wednesday, December 13, 2023 from noon to 1:00 pm.

Citizens have until December 11, 2023 to register for the class.

This event is open to the public including children but seats are limited.

The LiveWell program exemplifies one of the goals detailed in the Community Health Improvement Plan to create a culture in the community that supports and encourages healthy behaviors. The cooking classes are one way to show the commitment to the plan by helping our community live healthier and more productive lives through food education and demonstration.

Click [here](#) to sign up.

If you have specific questions about the program, please call Jelesia Miller at 761-7699.

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