



Press

Release



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For Immediate Release

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LiveWell Wichita County Continues Free International Cooking Classes

Wichita Falls, Texas- LiveWell Wichita County continues its free summer cooking classes.

The summer's international theme continues with an all-Spanish cooking class held at the Wichita Falls-Wichita County Public Health District on June 15, 2023 at 5pm. On the menu is a popular Ecuadorian dish known as "Tigrillo".

This event is open to the public including kids but there is limited seating. You must reserve your spot and your child's spot by June 13, 2023.

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 our commitment to the plan by helping our community live healthier and more productive lives through food education and demonstration.

Be sure to visit our website, [LiveWellWichitaCounty.com](https://www.livewellwichitacounty.com) in the Events section, to sign up. If you have specific questions about the program, please call Jelesia Miller at 761-7699.

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