

*Do you love food?*

*Make a difference in the health of our community by becoming a*

## **Food Demo Volunteer!**

*Teach community members healthy recipes and food preparation skills through simple cooking demonstrations. You don't have to be an expert. Blue Zones Project, Sky Lakes Wellness Center, and OSU Extension are training a group of volunteers everything they need to know to conduct a successful demonstration in a variety of settings – grocery stores, community events, food pantries, etc. We will also connect you with regular demo opportunities in the community.*

### **Upcoming Trainings:**

**May 9<sup>th</sup>, 9am-12pm**

**August 19<sup>th</sup>, 9-12pm**

**Sky Lakes Wellness Center**

**128 S 11<sup>th</sup> St.**

Please contact Patty Case at [Patty.Case@oregonstate.edu](mailto:Patty.Case@oregonstate.edu) or 541-883-7131 to sign up or if you have any questions.