

A Taste of African Heritage

A New Cooking Class Series from Oldways

Six-week course offered 3 times this year see dates below:



**Diabetes is not a part of African heritage. Neither is heart disease.
Together, we can claim health by reclaiming history.**

Traditionally, African American ancestors ate a delicious, plant-based diet that was high in flavor and naturally low in cholesterol, saturated fat, sugars, and excess sodium.

A Taste of African Heritage is a new cooking class series that brings this enjoyable, simple, healthy way of eating back to life. Please join us at the DAWN center for this free six-class series, as we “meet” the major foods of African heritage and learn how to easily prepare them at home.

**Must be a DAWN member to participate
Contact the DAWN Center for more information.**

Third Ward Multi-Service Center
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