

**A Taste of African Heritage**  
**A New Cooking Class Series from Oldways September 16, 2019**  
**- October 21, 2019**



**Diabetes is not a part of African heritage.**  
**Neither is heart disease.**

**Together, we can claim health by reclaiming history.**

Traditionally, African 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 **Salvation Army**, 1108 W Ash Street, Columbia, Missouri, for this free six-class series, as we "meet" the major foods of African heritage and learn how to easily prepare them at home. Every Monday, 9/16/19 through 10/21/19, **5:30 pm -7:30 pm**.

**For more information, or to sign up for this free six-week class, please contact: Lt. Carmon Camp 573.442.3229**

