



# NOURISH

## The Art of Healthy Cooking

Join Kaiser Permanente Chef Asata Reid

Please join Kaiser Permanente's Asata Reid for a fun, free and informative cooking demonstration. You'll watch food preparation steps, learn cooking techniques, and get a new recipe to try for yourself at home!

You do not need to be a Kaiser Permanente member to attend.

**Contact:** [employeeewellness@fultoncountyga.gov](mailto:employeeewellness@fultoncountyga.gov)

**Date/Time:** Thursday, February 05, 2026 from 12:30 pm - 1:00 pm

**Location:** Click [Here to Register](#)