



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: employeewellness@fultoncountyga.gov

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

Location: [Click Here to Register](#)

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