

A photograph of a man and a woman in a kitchen. The man, on the left, is smiling and looking down at a cutting board where he is chopping vegetables. The woman, on the right, is leaning in to look at his work. They are standing at a kitchen counter with various cooking ingredients and utensils visible.

AT NO COST TO EMPLOYEES

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, January 08, 2026 from 12:30 pm - 1:00 pm

Location: [Click Here to Register](#)

Nine Piedmont Center
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