



BLACK HISTORY MONTH



A TASTE OF AFRICAN HERITAGE

6 Week Series Tuesday Evenings from 5-6
STARTING FEB 1 THRU MARCH 8

A Taste of African Heritage is more than a series of cooking classes. It is a new kind of wellness program designed to show people how to eat and cook healthfully, traditionally and enjoyable through hands-on experience.

This program introduces participants to the rich cultural history of African Heritage foods while providing the tools needed to adopt this traditional way of eating for better health in modern day life.

Classes are open to people of all ages and interests.

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Fort Bend County, Family and
Community Health Agent



PRAIRIE VIEW
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COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES



Cooperative Extension Program

Scan QR to register or contact
Ms. Conegie.

