



# QUEST CENTER COMMUNITY NUTRITION NIGHT

*Everyone is welcome!*

Nutrition Night is a time of coming together in community, for learning about healthy cooking and eating, and to support oneself in a healthy lifestyle.

Our meals are based on wholesome foods ~ whole grains, fresh vegetables and fruits, and high quality proteins.

Whole Foods Market Laurelhurst is the official sponsor of our Nutrition Night Program.



Every Thursday Evening

Food Workshop 6:00 pm - 6:30 pm

Dinner served 6:30 pm - 7:30pm

Prep volunteers welcome as early as 2:00pm

For more information, please contact

Heidi ([heidin@quest-center.org](mailto:heidin@quest-center.org))

We understand the connection between what we eat and our wellness. Come explore the connection between foods we eat and how it can effect our wellbeing and health every Thursday evening at Quest Community Nutrition Night.

Nutrition Night is a volunteer-run program. Volunteering is a great way to build community and to support this program! We always need help with preparing the meal, setting up the room for dinner, and for helping with clean-up.

Would you like to consider being a lead-cook?

We are looking for people to commit to being a lead-cook, as often as once per month.

## BE WELL - BE YOU

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[www.quest-center.org](http://www.quest-center.org)

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