



Resource Family  
Training & Support

# Live Network Support Group

## Mayes County Resource Parent Support Group

February 3, 2026  
6:00 pm - 8:00 pm

Your Place Resource Center  
3084 S. 432 Rd.  
Pryor, OK 74361

### Healthy Eating on a Budget

During this meeting, we'll explore the basics of balanced eating, discuss simple strategies for saving money at the grocery store, and share a collection of nutritious, budget friendly recipes you can use at home. This session is designed to be welcoming, informative, and interactive—offering realistic tips to support healthier habits without stretching your budget.

**Registrations are appreciated** to help us plan for food and activities.

***Presented By:***

*Chrissy Willis, Registered Dietitian*

For Questions please contact Valarie Albert.  
[v.albert@yourplacechurch.com](mailto:v.albert@yourplacechurch.com)

**Register Here**

