



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

Register Here

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OKLAHOMA
Human Services

NRCYS
National Resource Center for Youth Services
An UNIVERSITY OF OKLAHOMA OUTREACH