

Urban Wellbeing



Our Story Started The Summer of 2020



Urban Wellbeing is an organization born out of a desire to build connections between communities that have felt so separated. The desire to feel well is something everyone can relate to. It is a desire that supersedes race, creed, religion or location, and something everyone deserves.

Your health, your identity, your culture—and the health of your environment—all share close ties to the food you eat every day and the systems around you that influence where, how and from whom you get your food.

Just the beginning



We offer education that helps us think differently about the choices we make surrounding food - how each decision affects more than our waistlines.

With each educational offering we aim to inspire and motivate you to make small, sustainable, changes that will positively affect your life and that of our communities.



Session 1: Commencement Trio Session

Urban Wellbeing is excited to bring three instructors together—experts in cooking, nutrition, health and wellness, food justice and food systems—for a new series of classes. In each class you'll learn some new recipes and think about how the recipes you cherish tell part of your story reflect your identity and culture.



Session 2: Jenny Breen—Regenerative Cooking: Food a Medicine for People and the Planet

In this class she will introduce some simple concepts for nourishment through creative plant-forward, whole foods-based recipes. Jenny believes it is important to understand the science of food, and nutrition, but equally important to learn how to trust your body's knowledge, wisdom, and intuition when it comes to feeding yourself, your family, and your community. In this class, she prepares a delicious curry and sautés up a batch of delectable greens topped with her special dressing.



Session 3: Lachelle Cunningham—American Soul Food Healing

In this class, dig deeper with Chef Lachelle Cunningham and discover the real narrative of this major pillar in the foundation of American cuisine. While exploring the plant-based elements of Soul Food, and how these nostalgic flavors are built, you will learn some of the medicinal plant knowledge passed down from ancestral practitioners.



Session 4: Suan Kregel—Start with Stir Fry: Twenty Minutes to a Nourished Body & Community

Join Suan as she walks you through the first meal she learned to cook. Get ready to think differently about food preparation as she walks you through the most important step in ensuring a nourishing meal: ingredient selection. Consider how and why these essential selections affect our economy, food systems, and most importantly, our well-being. After this class, you will never look at this simple dish the same way.



Session 5: Final Trio Session

Our three instructors—Lachelle, Suan, and Jenny—demonstrate a delicious dinner combo: an almond-encrusted walleye with charred citrus; ginger-fried plantains; and a mixed-green salad with a secret dressing. This is the last in a series of five classes...though it stands on its own and will be valuable if this is just the first of the five you are taking in!

