



TSÉHOOTSOOÍ NAHATA'DZIIL NIHI DINE'É BÁ
 Medical Center Health Center Wellness Center
 Facilities of Fort Defiance Indian Hospital Board, Inc.

Healthy Harvest



Cranberries for a Better You!

Wednesday, December 10th at 6:00 PM - 8:00 PM

We'd Love to Have You Join Us!

Learn about the nutritional benefits of cranberries and prepare a delicious, healthy cranberry-based holiday meal that is low in added sugars.

This cooking class will show you how to incorporate cranberries into family meals for a nutritious twist during the upcoming holiday season.

We hope you'll join us and share in the warmth of good food and good company.



NIHI DINE'É BÁ WELLNESS CENTER
 FT. DEFIANCE, ARIZONA



**For Registration,
 Call 928.729.5661/8412**