



# Taste the Change of Seasons

**Public Health Nutrition is excited to launch a new monthly cooking series that will be running throughout the year showcasing seasonal produce.**

**Eating fresh vegetables at their peak not only enhances flavor, but also maximizes their nutritional benefits and overall quality. Join us each month to explore the health advantages of different vegetables.**

## **STARTING**

**January 2026 to December 2026,  
2nd Wednesday of Every Month.**  
*(The only exception for November will be on the 4<sup>th</sup>)*

## **TIME**

**5:45 PM to 8:00 PM**

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



**For Registration,**  
**Call 928.729.8424/8412/5661**