



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



NUTRITION HEALTH FAIR

March is Nation Nutrition Month! In celebration, Public Health Nutrition is hosting a Nutrition Health Fair at your local Chapter House.

Celebrate with us by learning easy tips for healthier eating. Discover how to build a balance plate, choose nutritious food, and support your family's health.

Visit interactive booths, connect with local programs, and take home helpful resources. Free and open to all ages.

Monday, March 16th | 11:00 AM - 2:00 PM

Oak Springs Chapter House

Tuesday, March 17th | 11:00 AM - 2:00 PM

Fort Defiance Chapter House

Wednesday, March 18th | 11:00 AM - 2:00 PM

Saint Michael's Chapter House

Friday, March 20th | 11:00 AM - 2:00 PM

Nahata'dziil Chapter House

Tuesday, March 24th | 11:00 AM - 2:00 PM

Crystal Chapter House

Wednesday, March 25th | 11:00 AM - 2:00 PM

Sawmill Chapter House

FOR INFORMATION, CONTACT

Lynette Hardy 928.729.8489

