



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



Taco Tuesday

COOKING SERIES

Please join us every Tuesday for the month of May
from 6:00 PM – 8:00 PM



May 5th

May 12th

May 19th

May 26th



This upcoming May, the Public Health Nutrition Program is excited to host a Taco Tuesday cooking class series! The classes will provide nutrition education and incorporate traditional ingredients that carry cultural significance and offer nutritional value. Tacos are a beloved staple that brings families and communities together. Come learn how to make them healthier and wholesome.

Featured traditional ingredients are blue corn, squash, and beans.

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



REGISTRATION LINK:
<https://qrco.de/bgl7Fu>

FOR MORE INFO
CONTACT: 928.729.8473

