



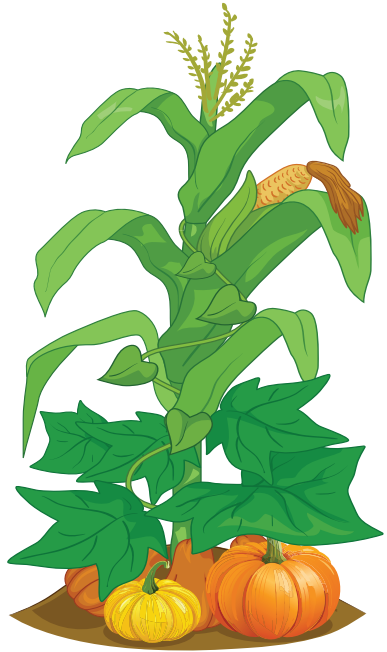
TSÉHOOTSOÓÍ NAHATA'DZIL NIHI DINE'É BÁ
Medical Center Health Center Wellness Center
Facilities of Fort Defiance Indian Hospital Board, Inc.



FALL HARVEST FOOD IS MEDICINE

Join the Public Health
Nutrition Program this fall
for family-friendly cooking
classes celebrating
traditional foods, culture,
agriculture, and health!

Each class session will
incorporate one or two produce
items from the Three Sisters:
squash, corn, and beans. These
classes will provide nutrition
education and support as
participants learn healthier
alternatives for holiday meals,
while encouraging the use of
traditional foods.



September 22nd or 24th | 6:00 PM – 8:00 PM MST
October 20th or 22nd | 6:00 PM – 8:00 PM MST
November 17th or 19th | 6:00 PM – 8:00 PM MST

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



For Registration, Call 928.729.8473