



TSÉHOOTSOOÍ NAHATA'DZIIL NIHI DINE'É BÁ
Medical Center Health Center Wellness Center

Facilities of Fort Defiance Indian Hospital Board, Inc.

BUILDING OUR BONES COOKING SERIES

Strong bones are healthy bones! Bones provide our body structure and movement, protect our organs, and stores calcium throughout lifespan. Join Public Health Nutrition for the Building Our Bones cooking series this October to learn:



- What nutrients are needed to support growing bones.
 - Vitamins and minerals
 - Nutrient relationships
- What foods contain the nutrients needed to sustain bone health.
- How to create flavorful meals for you and your family using tasty and nutrient-dense ingredients!

Thursday, Oct 8th
Thursday, Oct 15th
Thursday, Oct 22nd
Thursday, Oct 29th

6 PM - 8 PM
6 PM - 8 PM
6 PM - 8 PM
6 PM - 8 PM



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



**For Registration,
Call 928.729.8412**