HEALTHY LIVING AND OUTREACH

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

Facilities of Fort Defiance Indian Hospital Board, Inc.

# Mama Meals



**You have spent months nourishing your baby now it is time to nourish YOU!**

Join us for postpartum Mama Meals, a nutrition focused program designed to support mothers during the postpartum period through nutrition education and nourishing meals.

**What you will learn:**

How nutrition supports postpartum recovery.
Foods that provide important vitamins and minerals.
hydration and its role in postpartum wellness.
Simple, balanced meal ideas for busy moms.

## Mondays

**12:30 PM - 3:30 PM**

**November 9th**

**November 16th**

**November 23rd**

**November 30th**

## NIHI DINE'É BÁ WELLNESS CENTER

FT. DEFIANCE, ARIZONA

PUBLIC HEALTH NUTRITION

**For Registration, Call 928.729.8489/8473**

*"To provide superior and compassionate healthcare to our community by raising the level of health, Hózhǫ́, and quality of life"*

928.729.8000 | www.fdihb.org | FORT DEFIANCE INDIAN HOSPITAL BOARD, INC. | CORNER OF ROUTES 12 & 7 | P.O. BOX 649, FORT DEFIANCE, AZ 86504