

Parents will learn about healthy eating, learn to cook a healthy meal and receive a FREE bag of groceries at the end of each class.

Attend ALL 3 classes & receive a FREE Blender OR Rice Cooker at the 3rd Class!

Date:

Date:

Date:

May 15th, 2018 May 22nd, 2018 May 29th, 2018

<u>Time: 5:30-6:30pm Time: 5:30-6:30pm Time: 5:30-6:30pm</u>

Location: Location: Location:

D3 Tribal Health D3 Tribal Health D3 Tribal Health

Dept.

Dept.

Dept.

For parents w/ kids OR grandparents raising grandchildren—o to 7 years old



*MUST ATTEND ALL 3 CLASSES to RECEIVE a FREE BLENDER or RICE COOKER*LIMITED SEATING AVAILABLE PLEASE RSVP* For more information please contact Nicole at Genesis (520) 562-1237