

Community Health Nutrition Program

# Nutritious Food Choices & Mindfulness

Welcome to a new season. Please join us to learn a new cooking skill set by meal prepping and participating in a food demonstration.

**Wednesday, April 16, 2025**

**@ 7 p.m.**

**Location:** *Boys and Girls Club*  
116 S. Holly Street Sacaton, Az 85147

Class is open to GRIC enrolled members and residents. Space and promotional items are limited to 20 participants.



**For information contact Community Health Nutrition**  
**(520) 562-5134**