

FAMILY CHEF NUTRITION SIX TO TEN YEARS



- VIRTUAL CLASS ON WEBEX
- TUESDAY, DECEMBER 20TH AT 2PM
- A ONE HOUR CLASS ON NUTRITIONAL NEEDS FOR YOUR CHILD AND FAMILY
- ONLY FIVE PARTICIPANTS FOR THIS CLASS
- PARTICIPANTS WILL RECEIVE AN INSTANT POT AS AN EDUCATIONAL TOOL
- PARTICIPANTS WILL NEED TO DO A PRE-TEST FOR THE CLASS, ATTEND THE CLASS, AND DO THE POSTTEST AFTER TO RECEIVE THE INCENTIVE



**MUST BE A MEMBER OF A FEDERALLY
RECOGNIZED TRIBE, AND MUST HAVE
TRIBAL ID OR CDIB**

TO ENROLL FOR THE CLASS, EITHER CALL OR
EMAIL THE FOLLOWING:

PHONE: 520-562-1237

EMAIL: TYRA.PHILLIPS@GRIC.NSN.US

OFFICE: 121 BLUE BIRD RD.

SACATON, AZ 85147

**eat healthy
live healthy
be healthy**