

# MEN'S HEALTH EVENT CHOP & GRILL

FUEL YOUR HEALTH. FIRE UP THE GRILL.



Learn about the cultural significance of men chopping wood- a symbol of strength, tradition and community.

Join us for a hands-on morning of chopping wood for grilling and firing up some skewers. While also diving into physical wellness and nutrition education to support a healthy lifestyle.

**CLASS IS OPEN TO GRIC  
ENROLLED MEMBERS &  
RESIDENTS.**

**INCENTIVES FOR THE FIRST  
20 REGISTERED  
PARTICIPANTS.  
CALL 520-562-5100 OR  
SCAN QR CODE**

