Food Is Our Medicine
HEALTHY FIRST NATIONS

SENECA NATION of INDIANS
Keeper of the Western Door

COOKING SIMPLE & HEALTHY MEALS with RHONDA POWLESS

Where: The CCC

EVERY WEDNESDAY 6-7:30 PM

(Mar 2, 9, 16, 23 & 30)

Final Dinner: April 3

WHATS IN YOUR CUPBOARD?

Want to learn how to make easy healthy meals from scratch?

We are looking for individuals to learn some basic healthy cooking.

For more information contact – RSVP:

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Seneca diabetes foundation
Strong in spirit. Strong in body.