



PLEASE JOIN US FOR A MONTHLY

LUNCH AND LEARN

March is Nutrition Awareness Month

**MARCH 24, 2021
12:00PM- 1PM**

**VIRTUAL ZOOM CALL:
MEETING ID: 883 6746 1991
PASSCODE: 835179**

**FOR QUESTION CONTACT:
TIFFANYLEWISTHS2021@GMAIL.COM**

From eating the right food to the perfect exercise routine, find the best path to a healthier and happier you.

brought to you by:

Kansas Tribal Health Summit Committee, American Heart Association, Sunflower Association, PBNP Diabetes Program