

Traditional Nutrition Cooking Workshop



*Cooking with traditional foods
for good health at all ages.*

WHEN: Tuesday, June 17, 2014, from 4-7pm

WHERE: 7th Generation

WHO: Presented by Nimkee Public Health 4x4 Grant,
Inter-Tribal Council of Michigan, and 7th Generation

WHAT: See how traditional foodways support healthy weight & lifelong
wellness for all ages!

- Try delicious and healthy recipes for family meals!
- Learn fresh ideas for preserving the harvest through freezing, pickling, canning, and drying!

REGISTRATION: For more information or to register contact:

Lee Ann at 989 775-4780 or Judy at 989 775-4629.