



“Good Health & Wellness” Healthy Eating Cooking Class

Date: September 24, 2019 (Tuesday)

Time: 9:30AM

Where: Quapaw Nation Title VI

Instructor: Rhonda Weaver, Title VI Director

**Sponsored by the Southern Plains Tribal Health Board & Quapaw
Nation CHR Program.**

Classes will be held monthly March-September.

This is a free service. Participation prizes!

PLEASE RSVP BY Monday September 23rd!

**If you have any questions, please contact me at 918-238-3151 or
alysa.petree@quapawnation.com**

-Alysa Petree, QNCHR