

Traditional Food EXPERIENCE



VIRTUAL SESSIONS STARTING AT 5:30 PM VIA ZOOM



Monday, March 23, 2026

INDIGENOUS FOODWAYS: TRADITIONAL DIETS BEFORE COLONIZATION

with Indigenous Chef Andrea Stanley

Tuesday, March 24, 2026

FOOD SOVEREIGNTY: RECLAIMING HEALTH THROUGH ANCESTRAL FOODS

with Indigenous Chef Andrea Stanley



Wednesday, March 25, 2026

NUTRITION THROUGH AN INDIGENOUS LENS

with SRPMIC Registered Dietitian Nutritionists
Kat Taylor and Derek Vidinha



Registration Link:
<https://shorturl.at/vZC8>



T-shirts for the
FIRST 50 REGISTRATIONS
(adult sizes only)

For Questions please contact
Whitney at FitnessFest Events,
whitney.fitnessfest@gmail.com
480.461.3888

FITNESSFEST