

FIRST FOODS FIRST FRIDAYS COOKING CLASS



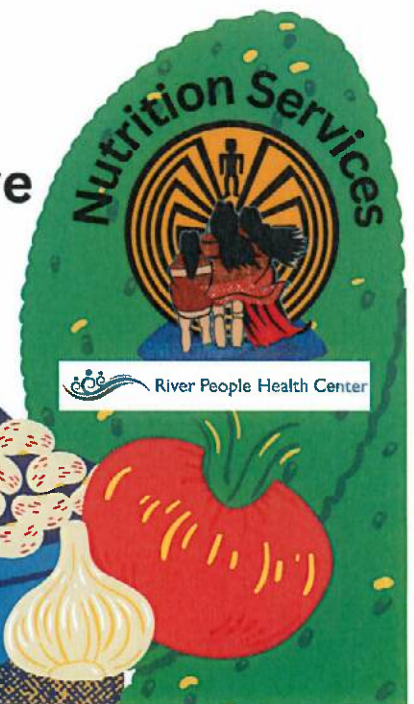
September 4th
5:30-7:00PM

River People Health Center Teaching Kitchen

Join the Nutrition Team to learn how to use foods native to North America in your day-to-day cooking!

The class will feature:
Trout with grains and a seasonal vegetable

Space is limited!
Call 480-362-3355 to save
your seats!





Nutrition Services

CHILDREN'S COOKING CLASS

AUGUST 12TH

SEPTEMBER 9TH

OCTOBER 14TH

DECEMBER 9TH

**Join us after early release!
from 2:00-3:00PM**

**RIVER PEOPLE HEALTH CENTER HEALING
AND WELLNESS KITCHEN**

Children must be accompanied by an adult, the
whole family is encouraged to attend.

Call 480-362-3355 to save a seat!

THRIVING WITH DIABETES

With **BONUS** Cooking Class

5:30-7:00PM in the Teaching Kitchen

(Virtual Options Available)

Session 1:

September 15th, 2026

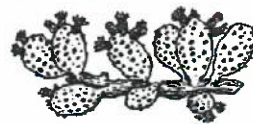


Session 3:

September 22nd, 2026

Session 2:

September 17th, 2026



Session 4:

September 24th, 2026



Topics Covered Include:

- How Do I Reduce My Risks?
- How do I Manage My Feelings?
- Why do I Take These Medications?
- How Do I Problem Solve?
- How do I Exercise?
- What do My Lab Values Mean?
- What is Diabetes?
- How can I Eat Healthy?



River People Health Center

Please call
480-362-3355 to
register and save
your seat