



Food As Medicine Series

* This will be a 4 part series. You can do 1 or all of them. Each series will be a month apart.

#1 Arthritis– May

#2 How to get kids (or you) to eat less processed foods– June

#3 Healthy Lunch & Snacks– July

#4 Balancing Blood Sugar– August

The time is based on your schedule, phone or zoom. The session is 20 –30 minutes. Free to tribal community and family members, and Elwha employees.



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