



COMMUNITY MEAL

WEDNESDAY, MARCH 20TH, 5:30PM-8PM ♦ SHINGLE SPRINGS TANF

Interested in learning about and trying healthy traditional foods?

In an effort to reintroduce traditional Native foods to present-day diets, Healing Ways is hosting a free community meal quarterly for Natives.

Join us to enjoy delicious whole foods and learn about where they came from and how they were prepared.

Please RSVP by March 13th 2019.

SHINGLE SPRINGS TANF
2033 HOWE AVE SUITE 100
SACRAMENTO, CA 95825

**FOR MORE INFORMATION OR TO RSVP,
CONTACT KRISTIN RODRIGUEZ OR YOMMALA CRUZ**
(916) 341-0575 ext. 2238 ♦ (916) 760-1667

