



DELICIOUS DINÉ

Cooking Classes



FAMILIES
WELCOME!

Theme: Power Up wih Protein

What are we cooking?

- **Rainbow Chili**
- **Zucchini Bread Smoothie**

Cornfields Chapter House
July 9, 2025
11:00 - 1:00 PM MDT

Ganado Chapter House
July 10, 2025
11:00 - 1:00 PM MDT

Steamboat Chapter House
July 23, 2025
11:00 - 1:00 PM MDT

Nazlini Chapter House
July 24, 2025
11:00 - 1:00 PM MDT

With
Dietitian
Denee Bex



Scan to sign up!

For more information, contact Sage Memorial Hospital P4 department at (928) 755-4814

