



# “Healthy Cooking of a Budget”

At the Tunlii Community Center starting at 6:00PM

- April 18th, 2019

Transportation provided for Middle Verde departing promptly at 5:30pm from the Food Bank building.

Sponsor by CHR Program, Diabetes Prevention Program & Food Bank Program



**“Alcohol Awareness Month”  
What you may need to know  
about your Health & Nutrition**

**Come join us at the Middle Verde Recreation Center,  
April 11th 2019 at Noon  
Lunch will be provided for those who attend the presentation.**

**Sponsor by CHR Program, Diabetes Program & Food Bank Program**