



DINNER MAKES A DIFFERENCE

LEARNING CIRCLE

Explore Nutritious Foods and Their Benefits

Healthy foods come in all shapes and sizes. Join health educators Fridays in the Learning Kitchen on the first floor of the Yagheli Shesh Qenq'a Anchorage Native Primary Care Center from noon to 1 p.m. Customer-owners of all ages are encouraged to join. Contact Southcentral Foundation Health Education at 907-729-2689 to learn more.

Friday, Nov. 7

Egg Roll in a Bowl
Low Glycemic Index Recipes

Friday, Nov. 14

Pomegranate Quinoa Walnut Salad
Diabetes Nutrition Tips

Friday, Nov. 21

Leftover Turkey Vegetable Soup
Low Carb