



# 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, Oct. 10

**Reindeer Minestrone**

Nutrition Dense

Friday, Oct. 17

**Class canceled**

Friday, Oct. 24

**Chicken Ramen with Roasted Red Miso Veggies**

Fermented Food Benefits for Breast Health

Friday, Oct. 31

**Spooky Treats**

Trick-or-treat Snacks