



Central Valley Indian Health, Inc.



National Nutrition Month® 2014

**eat right.** Academy of Nutrition and Dietetics

## Cooking Classes, to improve your health and blood sugars

### CVIH

For more information please contact: Eileen

Phone: 559-299-2578 ext 1615

**Location: Clovis Veterans Memorial Building**

**808 4th Street Clovis, CA 93611**

**Time: 3pm-4pm**

**Wednesdays**

### Dates:

**Oct. 1,2014**

**Oct. 8,2014**

**Oct. 15,2014**

**Oct. 22,2014**

**Oct. 29,2014**