



COOKING MATTERS

This six week series is held on:

Wednesdays

June 12th, 19th, 26th

July 3rd, 10th, 17th, 24th

Time: 1:00pm-3:00pm

Location: NVIH – Willows

Attend all 6 classes to be entered into a drawing for a special gift.

To register, call early as space is limited to 20 participants: 530.934.5431



Center for
Healthy Communities

CALIFORNIA STATE UNIVERSITY, CHICO



GET COOKIN'

**BECAUSE
COOKING
MATTERS**

Healthy Meals

Mindful Eating

**Grocery
Shopping**

**Your Favorite
Recipe
Makeovers**

**NORTHERN VALLEY
INDIAN HEALTH**

**207 N. Butte St.
Willows, CA 95988**