

The Bishop Indian Education Center Presents...

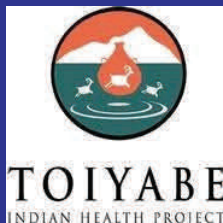
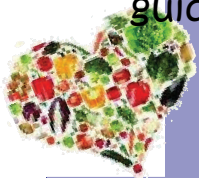
New Year, New You! with Health & Nutrition

Let the Bishop Indian Education Center help you start the new year off right with a prevention workshop about overall health.

Shannon Beasley, Toiyabe Preventive Medicine Registered Dietitian Nutritionist, will be discussing the importance of nutrition. We will also be learning how to use MyPlate as a guide, and other tools to make eating healthier a habit!

**this will count toward the parent workshop requirement*

- Tuesday, January 23rd, 2018
- 5:30pm-7:30pm
- Bishop Indian Education Center
390 N. Barlow Lane



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