Please join us for a class on how to eat right affordably.

**Eat Right Affordably Class**

Ponca Tribe of Nebraska

**When:** September 19th   
5:30 -7:30 pm

**Where:** Ponca Tribe of Nebraska cafeteria

**Who:** Diabetics and their friends and family

Learn how you can prepare healthy AND affordable meals and snacks for you and your families.

**Come Hungry!**

Please call Julie Nelson or Sara Pfeifer in regards to any questions.

(402) 371-8834

**Eating HEALTHY can be:**

Easy-Quick-Affordable-Tastey