



Full Plate Living

Let's celebrate Harvest Season by filling our plates!

Enjoy the flavors of the season while boosting your health.

Join Tribal Health for the Full Plate Living Program.

Virtual Meetings | 8 weeks
Tuesdays at 12 noon
Begins **September 3**



Register here:

<https://forms.office.com/r/ecw5hsc0FE>



Tribal Health eligible participants that attend 7/8 sessions will receive a Ninja Blender 4 in 1!

