



Indigenous Wellness Program

Culture Kitchen

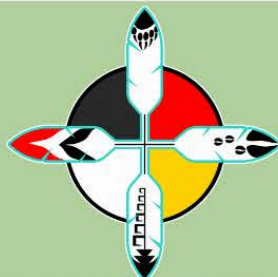
The health conscious traditional foods centered meal is prepared in house by a local chef, staff or invited community member. A recipe and list of health benefits are provided to attendees along with cultural teachings and stories. Participants then visit and enjoy the warm meal.

Every 2nd and 4th Thursday of the month

6:00 PM - 8:00 PM

816 CENTRAL AVE N. KENT WA 98032

Please RSVP with wellness@unkitawa.org



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OURS, YOURS & MINE