



# LUNCH — AND — LEARN

Join us for good food,  
great conversation, and  
community learning.



**THURSDAY  
NOVEMBER 5TH**



**11:00 AM – 1:00 PM**



**CHEHALIS TRIBAL  
COMMUNITY CENTER  
GATHERING ROOM**

## LEARN ABOUT:

- Foraging with respect and reciprocity
- Wild versus Modern foods nutrition
- Native preservation traditions
- Connecting to the land, culture, and community



CHEHALIS  
**TRIBAL**  
COMMUNITY



**FEATURING**

## VALERIE SEGREST

Valerie is a Muckleshoot nutrition educator and writer whose work is rooted in Indigenous foodways, the Salish Sea region, and trust-based approaches to health, education, and community collaboration.

**ALL ARE WELCOME.  
LUNCH WILL BE PROVIDED.**

*We look forward to seeing you there!*

