



**'Mending the Disconnect with Food' presents it's  
final "Food is Medicine" workshop of the year:**

## ***THE TABLE WE FORGOT***

***Reclaiming the Tradition that Once Held us Together***

Join us for a warm, intimate evening as we reclaim the tradition of gathering at the table. We'll share a nourishing meal, reflect on what dinnertime once meant in our families, and explore gentle, meaningful ways to bring connection, belonging, and togetherness back into our homes.

**This experience is for those who long for deeper connections and the gentle return of dinner table traditions, whether new or remembered.**

**Thursday, December 18  
5:30 to 7:30**

**Location: To Be Announced  
Registration limited to  
12 adults**

**To register, email Belinda at  
[bmcleste@oneidanation.org](mailto:bmcleste@oneidanation.org)  
or call 869-4576.**

Priority registration will be given to individuals who have not attended a "Food is Medicine" workshop in the past 3 months