

# LEAVE THE COUCH PROJECT: LEARN TO COOK AND GET ACTIVE!

This project is for Native youth and friends (12-18 years old) who would like to learn to cook simple, delicious meals and work off the calories after! Each date in the series will feature a different dish to learn (and – even better – EAT!) and have a FREE and fun physical activity to do.



## Wednesday, July 10

2:00 p.m.  
Longboarding and sand volleyball  
Meet at Riverboat Landing

6:00 p.m.  
Wild Rice Soup  
Meet at Bis-Man Food Coop

## Wednesday, July 24

2:00 p.m.  
Swimming  
Raging Rivers Waterpark

6:00 p.m.  
Lasagna and garlic bread  
Meet at Bis-Man Food Coop

## Wednesday, August 7

2:00 p.m.  
Frolfing  
Meet at Sibley Park

6:00 p.m.  
Tacos, fajitas and Mexican rice  
Meet at Bis-Man Food Coop

## Saturday, July 20

11:00 a.m.  
Stir fry  
Meet at Bis-Market (Kiwanis Park)

5:00 p.m.  
Paintball  
Meet at Kirkwood Mall (SW lot)

## Saturday, August 3

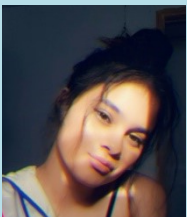
11:00 a.m.  
Breakfast foods  
Meet at Bis-Market (Kiwanis Park)

6:00 p.m.  
Glow Jump  
Meet at Skyzone

## Saturday, August 17

11:00 a.m.  
Chili and cornbread  
Meet at Bis-Market (Kiwanis Park)

8:00 p.m.  
Late Night Basketball  
Meet at N. Central Park ~ 1917 N. 8<sup>th</sup> St.



The Leave the Couch project is a Native youth Healing Centered Engagement project by Samira and S'Nya Sanchez. Both are enrolled members of the Standing Rock Sioux Tribe and are originally from Minneapolis, Minnesota. Samira will be a sophomore and S'Nya a senior at Legacy High School.

