



waq'iswiisa

(I am becoming well)

Community Support Group: Self Care & Setting Boundaries for a Healthy Holiday Season

**Tuesday
December 3**

5pm-6pm

**Lapwai NMPH
Conference
Room**



Join our Diabetes Program Coordinator, Marissa Verduci, & Licensed Professional Counselor, Kiara Garcia in a healthy discussion about managing stress and finding gratitude during the holidays.

Everyone Welcome!

This is a Nimiipuu waq'iswiisa (I am Becoming Well) Wellness Program Event. For more info/to sign up contact Marissa: marissav@nimiipuu.org or 208.843.2271 ext.2849