



# waq'iswiisa

(I am becoming well)

## *Community Support Group: New Year, New Goals*

**Tuesday  
January 7  
5pm-6pm**

**Lapwai NMPH  
Conference  
Room**



Join our Diabetes Program Coordinator, Marissa Verduci, & Licensed Professional Counselor, Kiara Garcia in a healthy discussion about creating realistic goals for personal growth.

**Everyone Welcome!**

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