



# waq'iswiisa

(I am becoming well)

## Community Cooking Class



Thurs. Jan. 16

4:30pm-6:00pm

Lapwai NMPH  
Conference Room

Our Diabetes Program Coordinator, Marissa, & Nutritionist, Julie Keller, will lead us in discussing healthy resolutions and building balanced meals.

**Everyone Welcome!**

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