



# waq'iswiisa

(I am becoming well)

# Events!

**EVERYONE WELCOME!**

## *Community Support Group: Embracing Change*

**Tuesday, March 4 | 5pm-6pm | NMPH Conf. Rm**



Join our Diabetes Program Coordinator, Marissa Verduci, & Licensed Professional Counselor, Kiara Garcia in a healthy discussion about Growth and Renewal as Spring Approaches

## *Community Cooking Class: Smart Snacking*

**Thursday, March 13 | 4:30pm-6pm | NMPH Conf. Rm**

Our Diabetes Program Coordinator, Marissa, & Nutritionist, Julie Keller, will lead us in cooking healthy snacks to help keep energy levels stable between meals!

