



waq'iswiisa

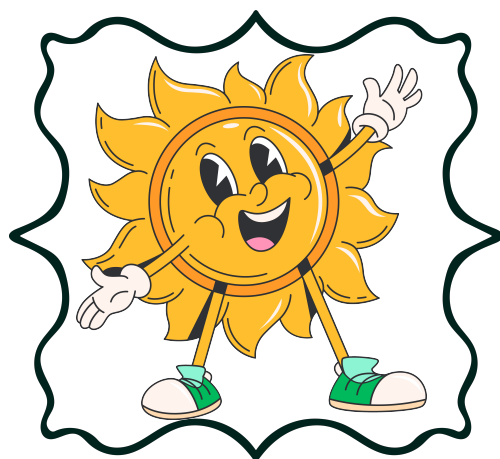
(I am becoming well)

Events

— EVERYONE —
Welcome!

Community Support Group: Summer Safety & Movement

Tuesday, June 10 | 5pm-6pm | NMPH Conf. Rm



Join our Diabetes Program Coordinator, Marissa Verduci, & Licensed Master Social Worker, Kiara Garcia in a healthy discussion about energizing your routine, embracing outdoor activities, & summer safety

Community Cooking Class: Fresh Summer Salads!

Thursday, June 26 | 4:30pm-6pm | NMPH Conf. Rm.

Our Diabetes Program Coordinator, Marissa, & Nutritionist, Julie Keller, will lead us in fresh summer salads & discussing fiber-rich foods & hydration



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