



waq'iswiisa

(I am becoming well)

Events

— EVERYONE —
Welcome!

Community Cooking Class: Grill & Chill!

Thursday, July 10 | 4:30pm-6pm | NMPH Conf. Rm.

Our Diabetes Program Coordinator, Marissa, & Nutritionist, Julie Keller, will lead us in cooking diabetes friendly bbq, & discussing low-sugar marinades & lean proteins



Community Support Group: Connection & Celebration

Tuesday, July 15 | 5pm-6pm | NMPH Conf. Rm



Join our Diabetes Program Coordinator, Marissa Verduci, & Licensed Master Social Worker, Kiara Garcia in a healthy discussion about honoring our stories, community bonding, & cultural identity

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