



waq'iswiisa

(I am becoming well)

Events!

— EVERYONE —
Welcome!

Community Support Group | 5pm-6pm | NMPH Conf. Rm.

Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

Tue. Dec. 16 - Year-end reflection & Goal Setting

A look back on the past year, celebrating progress, & learning from challenges. Together we'll set clear, realistic goals for the new year with purpose & motivation.



Tue. Jan. 6 - Fresh Start & Healthy Habit Building

Goal setting for the New Year and creating small sustainable habits for change.

Community Cooking Class | 4:30pm-6pm | NMPH Conf. Rm.

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



Thur. Dec. 11 - Baking light

Sweets You Can Feel Good About. Learn about healthier baking techniques

Thur. Jan. 22 - Warming up with fiber

The Secret to Feeling Full. Importance of dietary fiber for digestion, satiety, & blood sugar stability.

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