



— EVERYONE —
Welcome!

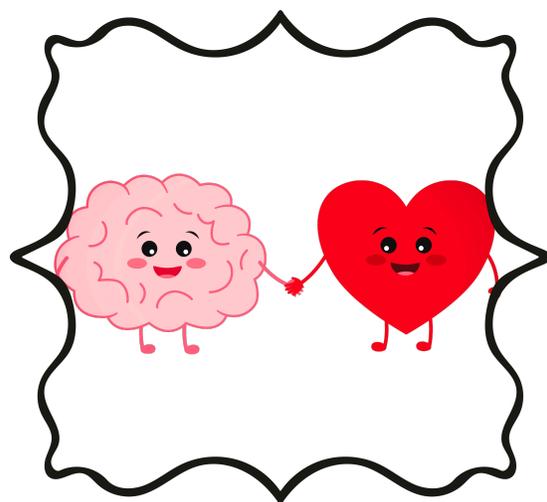
waq'iswiisa (I am becoming well) Events!

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

Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

Tue. Feb. 3 - Heart Health & Emotional Connection

Heart Health Month. Understanding your risk. Strengthening communication in relationships.



Tue. Mar. 3 - Re-energize & Prepare for Spring

Decluttering your mind & space. Managing anxiety in changing seasons.

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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



Thur. Feb. 19 - Heart Health in Every Bite

Connection between diabetes & heart health; reducing sodium saturated fat, & added sugars

Thur. Mar. 19 - Smart Carbs, Strong Energy

Understanding carbohydrates, reading nutrition labels, & choosing complex carbs for steady blood sugar.

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