



waq'iswíisa

(I am becoming well)

Events!

— EVERYONE —
Welcome!

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

Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

Tue. April 28 - Reset your sleep energy

Improve rest patterns for better daily energy

Tue. May 12 - Finding Calm in the Chaos

Quick nervous system resets that work anywhere



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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



Thur. April 16 - Spring Reset: Reducing Added Sugars

Identifying hidden sugars in foods & learning healthy swaps for snacks & desserts

Thur. May 14 - Mindful Meals: Eating with Intention

Mindful eating habits, stress & blood sugar connection & slowing down at mealtime

This is a Nimiipuu waq'iswíisa (I am Becoming Well) Wellness Program Event. For more info/to sign up contact Marissa: marissav@nimiipuu.org or 208.843.2271 ext.2849