



— EVERYONE —
Welcome!

waq'iswíisa (I am becoming well) Events!

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

Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

Tue. July 14 - Hydration & Healthy Summer Habits

Importance of hydration, balanced meals & movement during the hot months

Tue. August 11 - Small Changes, Big results

Celebrating progress over perfection



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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa

Thur. July 9 - Hydration & Healthy Summer Eating

Staying hydrated & choosing nutrient-dense foods to support energy levels, blood sugar management & overall health during warmer months

Thur. August 13 - Eating the Rainbow

Adding a variety of fruits & veggies to increase fiber intake, support blood sugar management & improve overall health



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