



— EVERYONE —
Welcome!

waq'iswiisa (I am becoming well) Events!

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

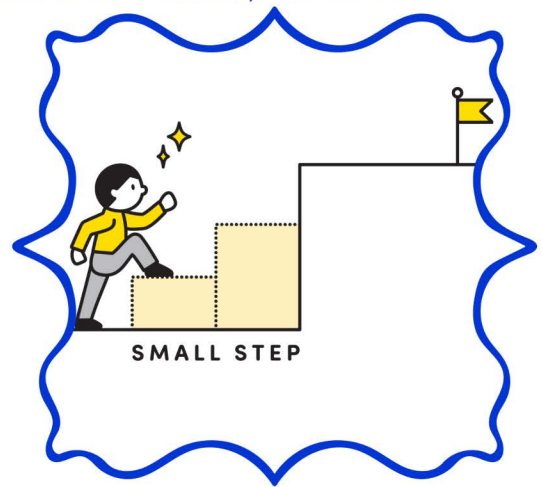
Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

Tue. August 11 - Small Changes, Big results

Celebrating progress over perfection

Tue. September 1 - Resetting routines for fall

Explore how to build sustainable routines as schedules become busier in the fall



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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



Thur. August 13 - Eating the Rainbow

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

Thur. September 3 - Meal Prep for Success

Simple meal planning & prep techniques for convenience to help maintain stable blood sugar levels through the week