



— EVERYONE —  
*Welcome!*

# waq'iswiisa (I am becoming well) Events!

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

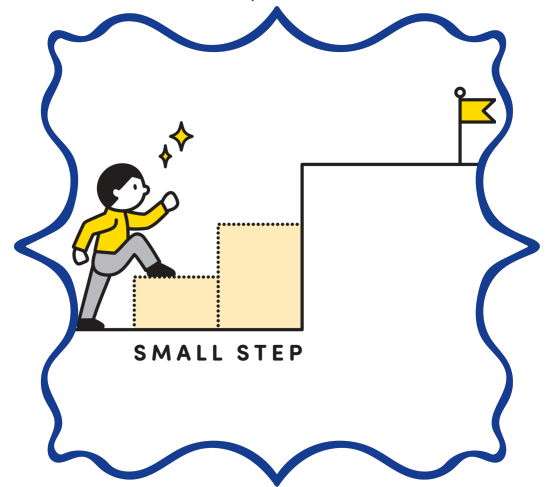
Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

**Tue. September 1 - Resetting routines for fall**

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

**Tue. October 20 - Stress Less, Live More**

How chronic stress can affect sleep, cravings, blood sugar, & overall health



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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



**Thur. September 3 - Meal Prep for Success**

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

**Thur. October 8 - Fiber-Powered Fall**

**Favorites** Delicious fall-inspired recipes featuring fiber-rich ingredients that promote fullness, digestive health, and better blood sugar control.