



— 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. October 20 - Stress Less, Live More

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

Tue. November 3 - Holiday Survival Guide

Practical strategies for parties, family gatherings, travel, leftovers, desserts, & busy schedules



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

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa

Thur. October 8 - Fiber-Powered Fall Favorites

Delicious fall-inspired recipes featuring fiber-rich ingredients that promote fullness, digestive health, & better blood sugar control

Thur. November 12 - Healthy Holiday Traditions

Learn how to enjoy your favorite holiday dishes while making small modifications that support blood sugar management & overall wellness

