

# DIABETES PREVENTION AWARENESS

## 2013 / 2014 UPCOMING EVENTS

**Tuesday - December 10th**

**Tulalip Fire Station • 10:00 am - 12:00 pm**

- Monthly Provider Health Class
- Wisdom Warrior Continuing Education
- **Topic** - Healthy Holiday Eating and Top 10 Diabetes Myths
- Snacks Provided

**Friday - December 13th**

**Hibulb Cultural Center • 9:00 am - 3:00 pm**

- Holiday Wreath Making
- Diabetes Screenings
- Blood Pressure Checks Available
- Snacks Provided

**Friday - January 10th**

**St. Anne's Church • 10:00 am - 12:00 pm**

- Diabetes Support Group
- Diabetes Screenings
- Blood Pressure Checks Available
- Snacks Provided

**Thursday - January 16th**

**Tulalip Fire Station • 10:00 am - 12:00 pm**

- **Begin** - Wisdom Warrior 6 Week Series
- **Topic** - Chronic Disease Self-Management Group
- *Every Thursday for 6 Weeks*
- Snacks Provided

**Tuesday - January 21st**

**Tulalip Fire Station • 10:00 am - 12:00 pm**

- Monthly Provider Health Class
- Wisdom Warrior Continuing Education
- Diabetes Screening
- Blood Pressure Checks Available
- Snacks Provided



For more information please contact:

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