



Healthy Hearts, Healthy Minds

Join us on a journey to wellness and balance!

The Healthy Hearts Project has been honored to work with the Tulalip community for the past several years. With the help of the community, we have completed *Healthy Hearts Across Generations*. Now we have put together an exciting new program that will provide additional services for Tulalip Tribal members and American Indian/Alaskan Natives who live in the Tulalip Community with diabetes and symptoms of stress.

Being a part of this program is confidential and voluntary. You will be paid up to \$190 in gift cards and checks.

How can you get involved? Are you:

- An American Indian or Alaskan Native who has been diagnosed with Type 2 diabetes or pre-diabetes?
- Currently living on or within 20 miles of the reservation?

If so, give us a call at (360) 716-4896 or email healthyhearts@iwri.org to determine if the program is a good fit for you.

***Take part in the Healthy Hearts, Healthy Minds
Research Project and help your community improve
heart wellness!***

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A partnership between



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