



ELDERS EATERY

NUTRITION WORKSHOPS

You are invited to join us for a special series of SDPI Native Diabetes Nutrition Workshops!

WEDNESDAYS
11:00AM-12:00PM

• MAY 15 • SEPT 11

• JUNE 12 • DEC 11

AT THE EATERY FOR SIR
GOLDEN WARRIORS

PRESENTATION
TOPICS INCLUDE:

Healthy Habits

A Wholesome Diet

Healthy Living

Understanding Labels
and Ingredients



For questions please contact Victoria Tanner
at (530) 251-5115 or vtanner@lihc.org.