

NATIVE DIABETES WELLNESS WALK



PLEASE JOIN US

MONDAY
OCT 19TH
11AM-12PM

AT THE RANCH PARK PARKING LOT

**WE WILL MEET AS A GROUP
BEFORE BEGINNING OUR WALK**

30-45 MINUTE WALK

HEALTH INFORMATION PACKET

HEALTHY SNACK TO FOLLOW

YOU MAY WALK ON YOUR OWN, WITH A FRIEND, OR WITH THE GROUP. THE GROUP WILL BE WALKING FOR APPROXIMATELY 30 - 45 MINUTES, SO PLEASE WEAR COMFORTABLE SHOES. AFTER THE WALK, WE WILL GIVE OUT A HEALTHY SNACK, WATER, AND A PACKET WITH HEALTH INFORMATION.

QUESTIONS? PLEASE CALL JUDY LEE (530) 251-5582

LASSEN
INDIAN HEALTH CENTER



Take the first step toward
diabetes care and
prevention