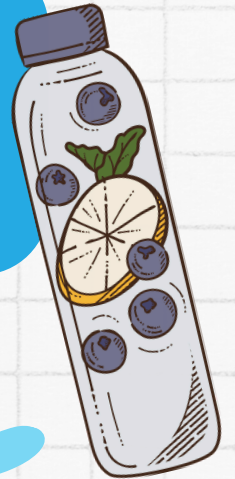




RETHINK YOUR DRINK

Sugary drinks are the leading source of added sugars in the American diet.

In this class you will learn about healthier options to keep you hydrated and make your own all natural infused water.



****Limited 15 participants per class****
New Participants ONLY

THE FOLLOWING MONDAYS AT NOON
WOLF ROOM 247
SAME PRESENTATION EACH SESSION



May 6, 2024
June, 3 2024
July 8, 2024



Diabetes Prevention Service
Public Health-HHS
Karina Watson
480-362-3278