

THRIVING WITH DIABETES

Super Saturday Edition

Join us for a day of learning at the River People Health Center!

Thriving with Diabetes will be held in the RPHC Teaching Kitchen from 9:00AM-4:00PM

During these very special Saturday classes, participants get to have hands-on experience making a healthy lunch! Kat and Derek will lead a cooking class during the lunch break.

Approved for WellPath or Strong Life points

JUNE 8TH
OCTOBER 19TH

SESSIONS INCLUDE:
DIABETES A TO Z
HEALTHY EATING
BEING ACTIVE
KNOW YOUR MEDICATIONS
KNOW YOUR NUMBERS
FINDING SOLUTIONS
REDUCING RISKS
HEALTHY COPING

Please call
480-362-3355 to
register and save
your seat