



Balancing Activity and Nutrition

Join us for this 4-week course focused on food, movement, & behaviors to reach your healthy weight.

Topics covered include building new habits with:

- Food and Nutrition
- Exercise
- Overcoming Barriers
- And more!

→ **RSVP**
(530) 889-3765

→ **Courses Starting Now!**

4-Week courses are offered every other month on Mondays starting in June of 2024

→ **When**

Mondays | 2:00 PM - 3:15 PM

→ **Where**

Check-In: Chapa-De Indian Health
Auburn Building B Medical Lobby

This support doesn't end after the 4-week course. Join us in July for continued community and maintaining motivation with our Balancing Activity and Nutrition Support Group. Call for details.

DIABETES PROGRAM

● (530) 889-3765



CHAPA-DE
INDIAN HEALTH