



Please join
Community Health Nutrition and
GRHC Life Center

During Diabetes Awareness Month
for
Carbohydrate Counting and
Cooking Demonstration

FOUR CLASS SERIES

Every TUESDAY @ 6 PM

November 6, 2018

November 13, 2018

November 20, 2018

November 27, 2018

District 6 Tribal Health Building

To register please call
(520) 550-6471 or (520)550-8000