TSÉHOOTSOOÍ NAHATA'DZIIL NIHI DINE'É BÁ
Medical Center Health Center Wellness Center
Facilities of Fort Defiance Indian Hospital Board, Inc.

HEALTHY STEPS

DIABETES PREVENTION PROGRAM

BENEFITS:

- Pre-Diabetes Education
- Weight Loss • Increase Energy
- Recipes and Food Prep
- Heart Health • Group Support
- Stress Management

CLASS SCHEDULE

Dates:

Thursday, November 5th
Tuesday, November 10th
Thursday, November 12th
Tuesday, November 24th

Time:

- 10:00 AM to 12:00 PM (morning classes)

Cornfields Chapter House
8 Miles South of Burnside Junction
Ganado, AZ 86505

FOR MORE INFORMATION OR TO REGISTER:
Call Samantha Yessilth @ 928-729-8464 or
Email @ Samantha.Yessilth@fdihb.org