



*Cathy Visser, Registered
Dietitian Nutritionist with 30
years' experience and 15
years working in tribal
communities.*

SDPI Lunch and Learn

Topic: " Eating to Lower your
Cholesterol" Turkey cheese pinwheel wraps & Greek Salad

with a vegan option of hummus and vegan cheese pinwheels.

Where: CTWC-Clinic Meeting Room
by Pharmacy

When: Wed. June 7, 2023

Time: Noon to 1:00pm

For more information about this Please contact:
Christina Hicks, Community Wellness Manager @
360.709.1741 or chicks@chehalistribe.org

We do provide a light lunch meal and allow for
Questions anytime during presentation. Please come
share your Q's about Pre-Diabetes and Diabetes.

Notice: Information displayed on this flyer, in email or on our website calendar is subject to change without notice.
