



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

Lunch will be Charcuterie Board and Healthy Snack/desert ideas for Halloween season

SDPI Lunch and Learn

Topic: Impact of Stress on blood sugar. Matthew McIver will also be talking about stress management.

Where: CTWC- Clinic Meeting Room by Pharmacy

When: Wed. Oct 9th, 2024

Time: Noon to 1:00pm

Who: SDPI Participants or anyone wanting to learn more about this topic.

For more information about this please contact:

Christina Hicks, Community Wellness Manager at 360.709.1741 or email: chicks@chehalistribe.org

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

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