



SDPI Lunch and Learn January 21. 2026

Time: 12:00 pm (NOON) to 1:00pm

**Where: Chehalis Tribal Wellness Center Meeting
Room by Pharmacy**

**Review of Popular Diabetic Diets-What works
and what doesn't for better blood sugar control.**

A light lunch will be served.

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

**For more information regarding this event, brought by SDPI
program please contact: Christina Hicks, CTWC at
360.709.1741
or email; chicks@chehalistribe.org**