



## 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](mailto:chicks@chehalistribe.org)**