

DIABETES

Lunch & Learn



HEALTHY SNACKING & ADDED SUGARS



SEPTEMBER 23, 2026



12:00 PM

Location:

Pharmacy Conference Room



Presented By
CATHY VISSER



A Light
LUNCH
WILL BE PROVIDED

*All are
welcome!*



Small
choices
make a
BIG
difference!

We'll talk about:



Choosing healthy and satisfying snacks



Understanding added sugars



How to spot hidden sugars on food labels



Simple ways to reduce added sugar



Making diabetes-friendly choices without giving up the foods you enjoy

**CHEHALIS TRIBAL
WELLNESS CENTER**

Supporting healthier choices,
ONE STEP AT A TIME.