


Sault Tribe Health Division presents

Diabetes Prevention Series



Committed to Giving You Our Very Best



**Tuesday, January 13th
from 5pm-7pm**

Eating well to improve health
through better eating habits.

**Thursday, January 15th
from 5pm-7pm**

Physical Activity to improve
health and wellbeing.

**Location: Sault Tribe Health Center
2864 Ashmun St., Sault Ste. Marie, MI**



Open to the community.

Deadline to register is January 6th.

A traditional meal will be provided at each class.

Please list any food allergies when signing up.

Call Sault Tribe Community Health to register.

906-632-5210

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