



DIABETES 101 GATHERING



2017 Gathering Dates:

- May 8th
- June 12th
- July 10th
- August 14th
- September 11th
- October 9th
- November 13th

Taking Control of Your diabetes! It is time to participate in your CARE!

Time: 1:00pm-3:00pm
Location: SCIHP's Community Rm

PLEASE call us to reserve your spot!
707-521-4500

Bring your medications, meters, BP cuff & questions.



FUN ACTIVITIES

- Bingo
- Social Walking
- Sharing recipes
- sharing circle,
- and much more!

SNACKS will be provided!

COME and Meet Your  PHASE TEAM !

Tanya, RD

Selam NP

Jennifer, RN

Ly-dia, MA

Alina, FD

George, PharmD



**SONOMA COUNTY
INDIAN HEALTH PROJECT**