

YOUR HEALTH: THE JOURNEY



Dear Staff and Friends,

Here is a reminder concerning the “Your Health: The Journey” class on this coming Tues. April 11th.

We will be having the class at the **Tribal Center Meeting Room** one more time. Join us from **12-1pm** for a healthy simply **lunch**. All are welcome.

We will briefly review last week’s topic on “Epigenetics & Diet and Lifestyle and then discuss the pros and cons in the diet world and how to “weigh” them for yourself.

If you are confused about which diet is right for you then this class might simplify the decision.

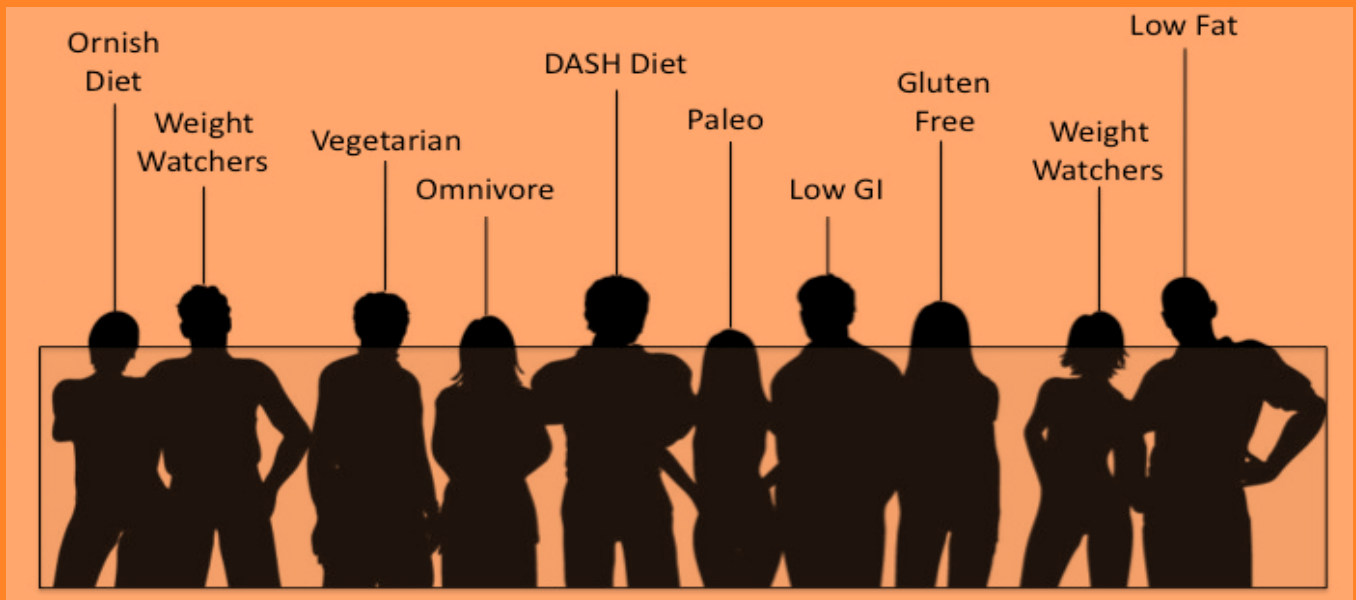
This class is part of a series entitled “The Foundations of Wellness”.

Bring a friend and join us.

Pam Drake, NTP

Candace Gruginski, RN, NTP, CDE

Shoalwaterbay Wellness Center, Nutrition Department



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