



Health & Wellness

August Wellness Checks

***Middle Verde Senior Center**



August 6, 2019

11:30am-1pm



***Clarkdale Senior Center**

August 15, 2019

11:30am-1pm



***Brandy Gyce– Community Health Representative**

***Sheena Twitchell– Public Health Nurse PIMC**

***Robin Hazelwood– Diabetes Coordinator**

***Hazel Siow– RN**



Walk for August Awareness's

August 27, 2019

Middle Verde Gym

@12pm



AUGUST IS
BREASTFEEDING
AWARENESS MONTH



national
IMMUNIZATION
awareness month



AUGUST
Psoriasis Awareness
Month



Sponsored by:

Community Health Representative & Diabetes Prevention Program

Healthy Cooking



on a Budget!



Cooking Class on August 15, 2019

Tunlii Community Center

6pm

Sponsored by CHR Program & Diabetes Prevention Program

Transportation will be provided! We will be departing from the Food Bank in Middle Verde at 5:30pm