

Healthy Cooking



on a Budget!



Cooking Class on August 15, 2019

Tunli 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



Health & Wellness

August Wellness Checks

***Clarkdale Senior Center**

August 15, 2019

11:30am-1pm

know
your
numbers



***Brandy Gyce– Community Health
Representative**

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

***Robin Hazelwood– Diabetes Coordinator**

***Hazel Siow– RN**