



GROCERY SHOPPING TOUR

Join the Healthy Living Team in navigating toward foods to prevent or manage diabetes.

Together, we'll spot xumá ts'ámx (healthy foods) and share simple ways to design snacks and meals.

DIETITIAN-RECOMMENDED,
LONGEVITY-FOCUSED, DIABETES
PREVENTION-CENTERED

MAKE THE HEALTHY CHOICE
AN EASY CHOICE

September 29, 1 – 2 PM
Sherm's Thunderbird Market
in Roseburg, OR

**To sign up or learn more, contact
the Roseburg Cow Creek Health
and Wellness Center Front Desk at
(541) 672-8533, option #2**



**Scan this QR code to
learn more about us!**