

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

Sherm's Thunderbird Market in Roseburg, OR

Call for Availability

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!