



# The Café

at Hu Hu Kam Memorial Hospital

## Grill Hours Monday - Friday

<b>THE GRILL - BREAKFAST</b> 7 A.M. TO 10 A.M.	<b>DAILY LUNCH SPECIAL</b> 11:00 A.M. TO 1:30 P.M.
<b>GRAB &amp; GO - BEVERAGES</b> 7:00 A.M. TO 5:30 P.M.	<b>THE GRILL - LUNCH</b> 11:00 A.M. TO 5:30 P.M.
<b>GRILL CLOSED FOR LUNCH PREP</b> 10:00 A.M. TO 11:00 A.M.	<b>GRAB &amp; GO SATURDAY ONLY</b> 7:00 A.M. TO 2:00 P.M.

[GRHC.ORG/CAFE](http://GRHC.ORG/CAFE)

New HHKMH Café menus are available in the Café and can now be viewed online at

**[GRHC.ORG/CAFÉ](http://GRHC.ORG/CAFÉ)**

We have also implemented a third cashier for Grab & Go items during peak times for your convenience.

### Community Garden

Join us on Saturday mornings! Community members are invited to come and learn more about what goes into gardening and getting vegetable and fruit production from their gardens and fruit trees. All training sessions will be conducted inside the service centers. Water will be provided and remember to wear comfortable clothing.

<b>October 22, 2016</b>	<b>D6 Service Center</b>	<b>9am – 12noon</b>
<b>November 5, 2016</b>	<b>D5 Service Center</b>	<b>9am – 12noon</b>
<b>November 12, 2016</b>	<b>D2 Service Center</b>	<b>9am – 12noon</b>

If you have any questions, please contact Sonny Nieto at (520) 610-2646.

/GilaRiverHealthCare  
 /Gilariverhealth  
 /Gilariverhealthcare

"I GOT MINE  
 DID YOU GET YOURS?"



IT TAKES A TEAM,  
 IT TAKES A COMMUNITY

**Hu Hu Kam Memorial Hospital will be holding flu clinics in the Temporary Lobby on the dates below.**

October 24, 2016	9 am – 12 noon & 1 pm – 3 pm
November 7, 2016	9 am – 12 noon & 1 pm – 3 pm
November 14, 2016	9 am – 12 noon & 1 pm – 3 pm

### GRHC 12th Annual Diabetes Health Fair

Join us this November for a one mile walk/run and healthy activities. Both events will be held from 8:00 am to 12:00 noon. Registration for the walk/run begins at 7:30 am.

**Friday, 11-4-2016 • D6, Kalka Park**  
 8am – 12noon

**Friday, 11-18-2016 • HHKMH**  
 8am – 12noon

For more information, please call the Life Center at (520) 562-7940.



1 & 3 mile courses are available. All participants receive a JMI t-shirt. Registration will be on-site.

<b>10/21</b>	<b>D-5 Service Center</b>	<b>Registration 5:00 PM</b>	<b>Start 5:30 PM</b>
<b>10/25</b>	<b>D-6 Komatke Health Center</b>	<b>Registration 4:30 PM</b>	<b>Start 5:00 PM</b>
<b>11/9</b>	<b>D-7 Service Center</b>	<b>Registration 4:30 PM</b>	<b>Start 5:00 PM</b>

For more information, please call the Diabetes Prevention Program at (520) 562-7940.

**WE WORK FOR YOU!**