

Gila River HEALTH CARE

LIFE CENTER

DIABETES , ENDOCRINOLOGY & WELLNESS

UPCOMING EVENTS

DIABETES PREVENTION

Komatke Health Center

CLASSES WILL BE IN THE MAIN CONFERENCE ROOM

AUG 12
KARAOKE CARDIO
11:00 a.m.

SEPT 09
SELF CARE:
Shell Necklace making class
11:00 a.m.

SEPT 23
FOOD DEMO:
rice cooker meal - salmon and steamed rice
11:00 a.m.

OCT 14
COOKING DEMO:
healthy fall snacks
11:00 a.m.

NOV 17
JUST MOVE IT:
Run/Walk
8:00 a.m.

DEC 09
COOKING DEMO:
Zucchini Dippers W/ Protein Ranch Dip
11:00 a.m.

For more information or to register, call 520-550 6000 ext 6727 Or visit us at the Life Center at the Komatke Health Center location.