Gila River HEALTH CARE

LIFE CENTER

DIABETES, ENDOCRINOLOGY & WELLNESS

WALK FOR WELLNESS

CULTURE IS PREVENTION

Learn the benefits of walking, enjoy the outdoors, support lifestyle balance, and wellbeing together.

Join us for our November Self Care class featuring Akimel O'odham artist and Traditional Counselor, Aaron Sabori

- *Each participant will make their own Saguaro Cactus Rib Walking Stick*
- *Participants must register*
- *Limited to 15 participants*

Komatke Health Center Life Center Patio

November 10

11:00 a.m.

To reserve your spot please call Komatke Health Center's Life Center (520) 550-6000 ext. 6727

