

PINOLEVILLE POMO NATION WELLNESS CENTER
GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY
IN PARTNERSHIP WITH CAHTO TRIBE

Diabetes Prevention PROGRAM

ORIENTATION MEETING: September 20th @12:30 PM
Carla Gutierrez Learning Center,
3250 Road I, Redwood Valley
FREE LUNCH served

Come learn about the FREE 12-month Prevent T2 Program to help you reduce your risk of Type 2 diabetes! The program provides lifestyle change education as well as a wide range of activities like free A1C testing, walking challenges, games, raffles, prizes, and much more!



For more information:
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