



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**

Wednesday, July 29, 8 - 9 AM
Sherm's Thunderbird Market in Roseburg, OR

To sign up or learn more, contact the Roseburg Cow Creek Health and Wellness Center Front Desk at (541) 672-8533, option #2