



Wellness Workshops

Puyallup Tribal Health Authority

Journey to Wellness

WORKSHOPS TO HELP PREVENT AND/OR TREAT DIABETES

December 4: Health Education

December 11: Physical Activity

December 18: Nutrition

12:00 pm - 1:00 pm

All workshops will be held in the Community Health Kitchen
Light, healthy snacks will be provided



For more information, please call
253-593-0232, ext. 534 or ext. 332