

Diabetes Prevention and Control Nutrition Services

With Bernita LaCroix R. D. for patients of all ages
One on one consultations to set goals, learn healthy choices,
and get on your way to feeling great!

**Appointments available
between 10:00 and 4:30
At the Nisqually Health Clinic
on the following dates:**

*Monday May 4th
Thursday May 14th
Thursday May 21st
Tuesday May 26th*

Another opportunity to learn about good nutrition is our
Brown Bag Lunch Event on Monday May 4th at 12:00
Please call the health clinic for an appointment at (360) 459-5312.
noon at the Recovery café.

Past events include: lettuce wraps, healthy desserts, soups,
crock pot cooking, traditional herbs and teas, and many more!