

# Diabetes Prevention and Control Nutrition Services

With Bernita LaCroix R. D.

For patients of all ages

One to one consultations

Learn healthy choices,

Set goals,

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:**

**Thursday April 7th**

**Thursday April 14th**

**Wednesday April 20th**

*\*Spring health event at YC*

**Thursday April 28th**

Another opportunity to taste great food and  
learn about preventing diabetes:  
our Brown Bag Lunch series.

Next Event: Thursday April 7th 12:00  
at the  
Recovery Cafe

Bring your brown bag lunch and get ready to try  
tasty foods! Past events include lettuce wraps,  
healthy desserts, soups, crock pot cooking,  
traditional herbs and teas, oats, and many  
more!



**Nisqually Health  
Clinic**

**Tel: 360-459-5312**