



NORTHERN VALLEY INDIAN HEALTH  
*YOUR HEALTH. OUR MISSION.*

# DIABETES TALKING CIRCLE

Tuesday August 18th, 1:00-2:00 pm.

**RAFFLE  
PRIZE!**

**WHAT IS YOUR  
NEW GOAL FOR  
YOUR DIABETIC SELF  
MANAGEMENT PLAN?**

**VIRTUAL GROUP WILL TAKE  
PLACE ON THE LIFESIZE APP.  
CALL ALISA OR EMILIO  
AT 530-934-5431  
TO GET THE LINK.**