



Join us in our next series of classes!

Living a Good Life with Balanced Blood Sugar

Whether you are living with diabetes, supporting a family member, or simply interested in improving your health, you are welcome to join us.

This relaxed, “come when you can” series is designed to help community members learn, share, connect, and build healthy habits together. No diabetes diagnosis is required, and participants of all ages are encouraged to attend.

What to Expect

- Healthy lunch provided (while supplies last)
- Fresh produce giveaways
- Informal health education and discussion
- Hands-on food and wellness activities

Learn from a variety of Health Professionals throughout the series.

In our First Class on September 15th, we will be featuring: Blackberry Jam Making Demonstration

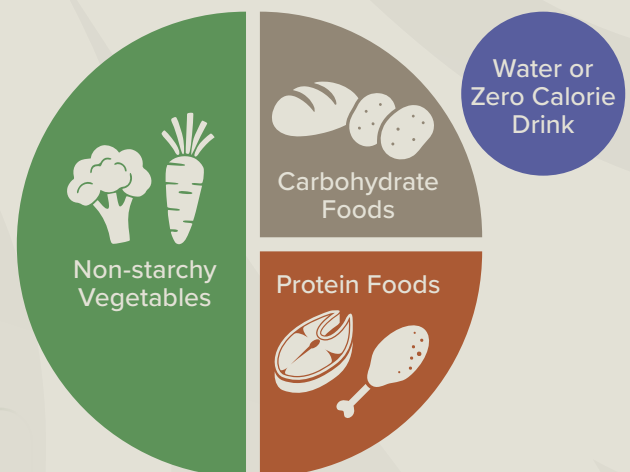
Learn practical food preservation skills while celebrating the seasonal harvest and traditional connections to local foods. Participants will take home a jar of blackberry jam.

Join us each Tuesday as we share a meal, enjoy a food preservation demonstration, take home fresh fruits and vegetables, and together we will take positive steps toward better health and well-being.

WHEN

Tuesdays starting September 15
through December 15, 2026
from 11:30 AM to 1:30 PM

SEP	OCT	NOV	DEC
15	6	3	1
22	13	10	8
29	20	17	15
	27	24	



CONTACT

Reserve Your Spot Today!

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