



HEALTHY HABITS *Strong Future*

Honoring our Health. Strengthening our Future.

WHAT TO EXPECT:

- Healthy meal ideas & snack making
- Physical activity & movement
- Family fun & community connection
- Resources for lifelong wellness



TOGETHER, WE CAN:

- ✓ Prevent Type 2 Diabetes
- ✓ Support healthy families
- ✓ Strengthen our habits
- ✓ Build a healthier tomorrow



IN PERSON FESTIVAL:

Register Here:

**SATURDAY
NOVEMBER 14, 2026**

10:00 AM - 12:30 PM

Ske:g Himdag Ki: Soccer Field (east side of building)

****LIMITED TO 100 PARTICIPANTS****

**ALL AGES
WELCOME!**



VIRTUAL SERIES:

Limit Space
Register here:

**MONDAY-THURSDAY
NOVEMBER 16-19, 2026**

Online Zoom Session will start at 5:30 pm

****LIMITED TO 70 PARTICIPANTS****

***LET'S CELEBRATE OUR WELLNESS
& CREATE A HEALTHIER COMMUNITY
TOGETHER!!***



Inspire Our Community To Be Active & Healthy
Diabetes Prevention Services

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