DIABETES AWARENESS MONTH

HEALTHY HABITS
Strong Future

Honoring our Health. Strengthening our Future.

MONDAY'S IN NOVEMBER

9:00 AM - 11:00 AM

RIVER PEOPLE HEALTH CENTER

2nd floor south side lobby (follow blue ribbons)

11/9/2026

LITTLE ROOTS, BIG CHOICES: GROWING UP HEALTHY

- Community Outreach Booths
- Reading with Leadership
- Kids snacks

ALL AGES WELCOME!

11/16/2026

AGELESS VITALITY: PROTECTING YOUR HEALTH THROUGH BALANCE AND PLAY

- Wellness BINGO
- Tai Chi

SENIOR SERVICES

SENIORS 55+

11/23/2026

STRIVE FOR 5 (SERVINGS OF FRUITS AND VEGGIES)

- Veggie Meter Reading
- Community Booths
- Chair Movement/Pound

ALL AGES WELCOME!

Journey to Wellness
Diabetes Prevention Services
480-362-3278

Inspire Our Community To Be Active & Healthy

Diabetes Prevention Services

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SRPMIC

River People Health Center