

Diabetes Awareness Month Festivities...

Wednesday, Nov. 17

Due at 3pm

HPDP Food Demo

Join HPDP during this week's food demo challenge. Choose one food demo video on the HPDP website and recreate the recipe at home; submit a photo of your dish to JMlregistration@tchealth.org to be entered into the week 3 drawing.

Thursday Nov. 18

9am-2pm

DM EXPO

Visit Healthy Living Center staff at the TCRHCC Green Entrance Courtyard to receive Diabetes Education, related to your health.

Friday, Nov. 19

11am-1pm

Thai Chicken Salad Food Demo

Visit Healthy Living Center staff at the Tuba City Flea Market to learn how to make a simple salad and taste test the recipe.

Friday, Nov. 26

Due at 5pm

10k Walk/Run

"Run for the Health of It" 10K Walk/Run. During the week of 11/21 thru 11/26 participants must complete a total of 6.1 miles using a running app of choice and bring to HPDP office to claim a shirt.

**For More Information
Contact HPDP at
928-283-1420 EXT. 20702**

