



*Kentenhkó:wa/November is*

## American Diabetes Month

The Let's Get Healthy Program - *Tsitewatakari:tat* invites you to our diabetes month celebrations on Monday, *Kentenhkó:wa/* November 5th and Tuesday, *Kentenhkó:wal* November 27th from 4:00 to 7:00 pm.

Tour the Diabetes Center for Excellence facility.

Watch and learn how much fun you can have in our fitness classes.

Speak with our friendly staff about our services.

We will have blood pressure and glucose screenings, cooking demonstrations and taste tests. Our Nurses, Registered Dietitian and Health Promotion Specialists will be available to answer any questions you may have.

Start your health journey with us today! For a detailed description of the activities, please see our Let's Get Healthy *Kentenhkó:wa* / November Newsletter available on the Tribe's website at [www.srmt-nsn.gov](http://www.srmt-nsn.gov), or call (518) 358-9667.

