



- Healthy side Dishes
- Appetizers & Desserts
- Health Talks
- Posture Assessments
- Crafts and Games
- Foot massage

Healthy Holiday Cooking & Activities

**Tuesday November 24,
2009@ Higher
Education Building**

Time: 1:00—2:30

**Shining Mountain
Diabetes Program & CHR's**

**ooking at the Southern Ute Health
Center... Wed. Nov 18 9:30-12**

**Towaoc Health Fair...
Thursday Nov. 19, 9 AM – 1 PM**

9:30-12

**Contact us:
Julie or Henry
Phone:
970-563-4741**