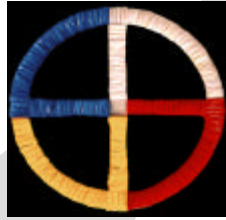


Healthy Peoples Project

**Diabetes Workshop
@ the Rapid City Public Library**

**Saturday, September 6th
9:30-1:30**

Upstairs meeting room



The Rapid City Public Library is pleased to host a special nutrition and diabetes workshop specifically for Native Peoples

Program Highlights

- * **Kibbe Conti, RD,CDE.** A specialist in diabetes education and prevention for *Northern Plains Nutrition Consulting*, Ms. Conti will teach participants how to plan and prepare healthful food based on the Medicine Wheel format
- * **Tony Price**, a fitness technician with the *Sioux San Wellness Center* will demonstrate exercise techniques
- * **Glucose testing** will be available
- * A complimentary copy of the book, ***Diabetes: The Science Inside***, will be available to participants
- * **A traditional meal will be served** and door prizes given away

Partners

The Library would like to thank our partners:

- * Rapid City Indian Health Services – Special Diabetes Program for Indians
- * Rapid City Regional Hospital Cardiac Unit and Diabetes Education
- * Medicap Pharmacy
- * Intertribal Bison Cooperative



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