

# ***Healthy Peoples Project***

## **Diabetes Workshop**

**Saturday, September 6th**

**9:30am -1:30 pm**

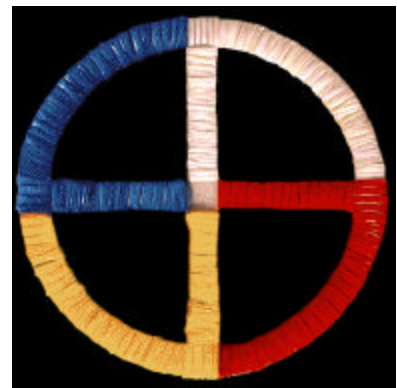
**(upstairs meeting room)**

### ***Program Highlights***

- \* **Kibbe Conti, RD,CDE.** A specialist in diabetes education and prevention for *Northern Plains Nutrition Consulting*, will teach participants how to plan and prepare healthful food based on the Medicine Wheel
- \* **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***

- \* 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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