

Health PROMOTION & Disease PREVENTION



PROGRAM OFFERINGS

EDUCATION

- Nutrition Education for Individuals and Families
- Breastfeeding and Infant Feeding
- Diabetes & Pre-Diabetes
- Heart Health
- Cancer Prevention



SUPPORT

- Health Coaching Support to Meet Your Goals
- Honoring Tobacco: Smoking Cessation Program
- At Home Self Measured Blood Pressure Program
- Screening Mammogram Coach Bus
- Healthy Recipes www.gliihc.net/programs-services/hpdp/recipes/

CLASSES

- Workout Low Fat Elders (W.O.L.F.E.) Wednesdays 10-1pm for Native American and Community Elders
- Food and Fitness: Light Movement & Healthy Meal Program
- Diabetes is not your Destiny: Diabetes Prevention Program
- Virtual Tabling Sessions: Tuesdays & Thursdays at 11am on **Facebook Live** and **YouTube** page ([link below](#))



PUT IT INTO PRACTICE!

- Native Wellness Garden www.facebook.com/NativeWellnessGarden
- Join us in learning about Food as Medicine
- Free Garden Beds and Free Produce All Season
- Garden Club: Tuesday 3:30pm-6:30pm and Saturday 10-12pm

VISIT & SUBSCRIBE ON YOUTUBE!

www.youtube.com/c/Geraldignaceindianhealthcenter

LOOK FOR HEALTH PROMOTION & DISEASE PREVENTION PLAYLIST OR **SCAN THE QR CODE**



Supporting the community to prevent and manage chronic disease through education and awareness while strengthening and restoring traditional practices of healthy living.

FOR MORE INFORMATION CONTACT:

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