

NIMKEE MEMORIAL WELLNESS CENTER

Food Pharmacy PROGRAM



A program to educate clients with diabetes to help manage their A1C by consuming healthier foods and increase consumption of fruits, vegetables, and lean meats. Also for clients that are overweight.

12-week program



Nimkee
Memorial Wellness Center

- ▶ Participants must attend health education classes at Nimkee Public Health.
- ▶ Each participant receives \$40 per week in credit to buy groceries at: **GreenTree Co-op Market** (410 W. Broadway St., Mt. Pleasant, MI 48858)

Pre-registration is required. Space is limited.

To pre-register, please contact:

- **Toni Smith, Health Educator:** 989-775-4638 or ToSmith@sagchip.org
- **Tamara House, Diabetes Coordinator:** at 989-775-4612 or THouse@sagchip.org



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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