For people with diabetes and pre-diabetes

Date: **August 17th, 2016**

Time: **noon – 1pm**

Location: **Mohican Family Center**

Our guest speaker will be:

Jess Artz,

physiologist for the Ho Chunk Nation

She will talk about physical fitness and show us some simple moves we can do

If you'd like to RSVP or have any questions Contact:

Sera Azzolina at (715) 793-5064

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