

Free Event



Turn it Around Shasta Presents
Live Your Best Life-
Stop Diabetes Before it Starts

Wednesday, November 29, 2023
Shasta Community Health Center
1035 Placer Street, Redding
5:30-7:00 PM

- Learn how to be more aware of what you eat and enjoy your food
- Learn how to cook healthy recipes
- Enjoy food tasting, prizes, and story sharing
- Register early, seating is limited

Register online at turnitaroundshasta.com, and then visit the news page or

 mmessier@co.shasta.ca.us  530-245-6639



 Shasta Community Health Center
a *californiahealth* center

