

Turn it Around Shasta Presents:



**FREE
Event**

Stop Diabetes Before it Starts

Keep Your Body and Brain Healthy

Wednesday, November 20, 2024



Shasta Community Health Center

1035 Placer Street, Redding

5:30-7:30 PM

- Learn how awareness can help you enjoy your food
- Learn how to cook healthy recipes
- Enjoy food tasting, prizes, and story sharing
- Register early, seating is limited

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

 mmessier@shastacounty.gov  **530-245-6639**



 Shasta Community Health Center
a *californiahealth* center

 **HEALTHYBRAIN
INITIATIVE**



KIXE  PBS

