

Bois Forte Health & Human Services invites you

WHAT? Stay well(wa-wa-ni-mino-aya) Conference via zoom.

Community Members invited as Guest Speakers. **TOPIC: DIABETES DURING COVID**

Participants will be entered for drawings. Prizes are limited & random, which includes; At home care packages, tee shirts, beadwork and Bois Forte Manomin!!!

Breakouts please enter meeting ID number for which break you wish to attend:

Health- Monitoring glucose- Meeting ID #- 914 0946 8037

Dental- Periodontal disease- Meeting ID #- 928 2026 6445

Family Spirit Program- Meeting ID #- 931 0858 1681

Fitness Center-Exercises to do at home- Meeting ID #- 956 3389 1599

Cooking with traditional foods- Meeting Id #- 983 3932 2551

WHEN? Wednesday, December 16th, 2020. Starting at 1:00pm and ends 3:00pm.

Here is link for Health Conference for Main Guest Speakers-https://boisforte.zoom.us/webinar/register/WN_puKzjgfPTQ-v5lffGiKiXw

THIS ACTIVITY IS MADE POSSIBLE BY GRANT'S FROM THE MINNESOTA DEPARTMENT OF HEALTH (MDH) FROM THE FOLLOWING PROGRAM'S:

ELMINATING HEALTH DISDAPITIES INITIATIVE (EHDI), SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP), and FAMILY SPIRIT PROGRAM