

**Have Your Blood Sugar  
Checked at Health Fair &  
Register to WIN  
Ashley Table & 4 Chairs!**

## Health Fair—Thursday, June 10th FDL Ojibwe School 9am-3pm

We will be checking blood sugars in the Atrium of the Ojibwe School at the annual health fair. If you have your blood sugar checked you will receive a ticket for a drawing to win this Ashley table & 4 chairs. *The Family Who Eats Together Stays Together!*

### 8 Reasons to Eat Together

Reason #1: Communication and Well-Being

Reason #2: Model Manners

Reason #3: Expand Their World...One Food at a Time

Reason #4: Nourish

Reason #5: Become Self-Sufficient

Reason #6: Prevent Destructive Behaviors

Reason #7: Improve Grades

Reason #8: Save Money

*Try to sit down together 5-6 times a week, whether for breakfast, lunch or dinner.*



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## Life With Diabetes Workshops

*These workshops cover the basics on living with diabetes.*

*If you attended in the past, the information will be a review. Watch for advanced workshop in the Fall.*

**Thursday, June 24th 8:30—4:00 CAIR**

**Tuesday, June 29th 8:30—4:00 MNAW**

**To Register Call Amanda at 878-3765 OR Jenn at 878-2146  
Breakfast, Lunch & Incentives\* included**

*\*Incentives will not be given unless  
whole workshop is completed;  
Must have a diagnosis of diabetes\**



9am-3pm

# FDL Health Fair

## Thursday June 10, 2010



Join us for a walk  
at 1p.m.

### New Location

Ojibwe School Gym  
49 University Road

Prize Drawings  
10:00 & 2:00 ONLY  
Must be present to win

### This year's Theme:

# "Avoid the Worst, Put Safety First"



Bring a non-perishable food item  
for the local Food Shelf for an extra raffle ticket!

Lunch from 11-1

Questions call Missy 878-2149 or Denise 878-2130

Brought to you by Fond du Lac Reservation & Fond du Lac Human Services Division

Parking is encouraged at FDL Head Start parking lot or  
Ojibwe School parking lot.

Registered Dietitians ·  
Personal Fitness Trainer ·  
Weekly Group Discussions ·  
Weigh-in · Goal Setting ·  
Problem Solving · Support ·  
Ideas

# YOUR Way

*Adult Weight Management Program*



**CAIR—Community Room**  
**Mondays 12:00 or 4:30**

**MNAW—McKnight Room**  
**Thursdays 12:00 or 4:30**



## *On The Move!*

Fond du Lac Human Services Division -  
Public Health Nursing Department



**Turbo Kick:** Mondays & Wednesdays 12:00-12:30 pm Tribal Center Gym

**Get Fit:** Tuesdays & Thursdays 12:00 -12:30 pm Tribal Center Gym

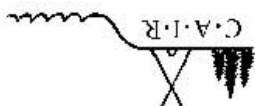
**Yoga Class:** Fridays 12:00 -1:00 pm McKnight Room (enter door 5 at Min No Aya Win)

**Water Aerobics:** Mondays & Wednesdays 8:00 -9:00 am (elders) Tribal Center Pool

**Tai Chi:** Mondays 9:15 -9:45 am (elders) Tribal Center

**Smoking Cessation:** Call 878-3707 to schedule an appointment for MNAW and CAIR.





Jennifer Hall—Medical  
927 Trettel Lane  
Cloquet, MN 55720

Living In Balance Newsletter  
Fond du Lac Human Services



**Have You Seen  
Our Billboard?**



LAMAR  
© THIS DESIGN WAS CREATED BY LAMAR ADVERTISING  
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The diabetes prevention and diabetes team worked with community members to develop the billboard message “Together We Can Beat Diabetes.” The billboard features FDL community members as well as a drum made by Wayne Dupuis, his father and Ed Jaakola Jr. in 1989 in recognition of treaty rights for the first moose hunt. The billboard is located on the right-hand side of Highway 33 South just before the Duluth exit. Our goal is to get clients in for regular care and education to prevent or control diabetes. If you have a family history of diabetes, it DOESN’T HAVE TO BE YOUR DESTINY. You can prevent

or delay diabetes by eating healthier foods, losing weight and exercising. If you already have diabetes, you can prevent or delay the complications that you may have seen your family members suffer by controlling your blood sugars.

**Together We Can Beat Diabetes!**

**Complete a survey about the billboard at healthfair and receive a new pair of socks!**

