

Wellness

Woman's Wellness Educational Gathering

Free! Sponsored by "Special Diabetes Program for Indians" and Oneida Adventures

Wellness Services Offered:

- Hiking and water reflections
- Campfires and group gatherings
- Self-Discovery of health practices; Diabetes Education
- Mindfulness meditation and relaxation
- Healthy meal preparation and discussions
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- Bunk bed lodge
- 2 Nights!

Contact:

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When: September 29th, 2019, 1PM-
October 1, 2PM (Sunday-
Tuesday)

Where: Point Beach State Park, Two
Rivers, WI

Who: For women searching for
peace, wellness, inner
strength, diabetic education

What: A wellness education striving
to control/eliminate diabetes

Why: Strength for personal
growth toward wellness

Cost: Free! Grant funded
programming
*To qualify you must be Native,
know someone in your family
that has been impacted by
diabetes. Call for details.

*Refundable \$50 deposit if follow through on
registration/attendance

"I enjoy gathering with light-hearted people regularly. I give direction to my life."