



DIABETES PREVENTION PROGRAM
BIKE RIDE OR TRAIL WALK
WITH ONEIDA ADVENTURES



WEDNESDAY
AUGUST 7TH



12-2PM

Oneida Lake: W172 Crook Rd. De Pere, WI 54115

Registration Required!

25 PARTICIPANTS MAX

Lunch -- Goodeagle Kitchen

Wild Sistaz Bowl- wild rice, shredded bison. chipotle drizzle. (GF, DF, & EF)

Boricia Bowl- puerto rican rice, sauteed veggies, beans, shredded bison. avocado citrus drizzle. (GF, DF, & EF)

Prizes

Massage Gun, Fitbit, Walking Pad, Wireless Ear Buds & Mini Exercise Elliptical Machine

