

TRIAD Class

Offered to OCHC Patients/Families using Physical Activity/Nutrition/Wellness Coaching to Prevent/Control Type 2 Diabetes



Class Topic: The Power of Sleep and How it Affects your Health.

Date: July 14th, 2026. Time: 11:00 am

Location: OFF Education Room

Presented: Betty Schwantes RDN CDCES

Don't forget to sign up with Ryan Engel

Phone: 490-3804

Fun Give-away at Class