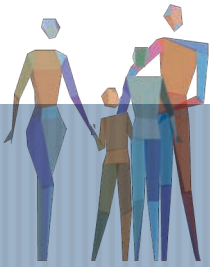


nileSisters
DEVELOPMENT INITIATIVE



In Partnership with National University

Refugees and immigrants resettling in the United States are at increased risk of developing diabetes mellitus type 2, commonly called type 2 diabetes (T2D).

Type 2, **Not You!**

Save your place!

RSVP

Marie Carmelle Saint Louis
msaintlouis@nilesisters.org

(619) 265-2959

Call to request
translation to

Amharic

Arabic

Burmese

Creole

Somali

Swahili

Community Event Invitation

All adults, children and languages welcome.

- learn what causes T2D
- learn how to prevent T2D
- learn to identify T2D symptoms
- learn your own body mass index
- consult a T2D expert
- join a hands-on cooking class
- sample free healthy snacks

Same Event, Three Different Fridays

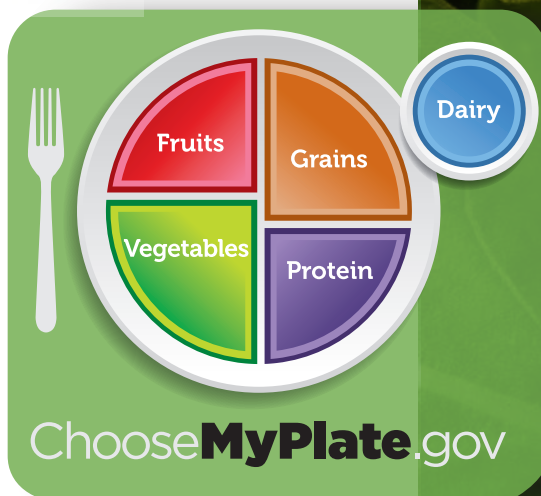
July 10 and 24

August 28

3pm-5pm

Scripps City Heights Wellness Center
4440 Wightman Street, Suite 200
San Diego, CA 92105

Our Mission: To educate, support and offer training to refugee and immigrant women and their families to help them overcome barriers to social and economic self-reliance.



nilesisters.org