

## **FDL Health Fair**

**Thursday, June 11, 2009**

**9 am—3 pm (Lunch 11 am—1 pm)**

**Fond du Lac Tribal Center**

**1720 Big Lake Rd**

Parking is encouraged at FDL Head Start or Ojibwe School parking lots. Shuttle available.

Questions call Missy 878-2149 or Denise 878-2130

Need a ride? Call FDL Transportation 878-7584

The theme of the health fair this year is “You are what you eat from your head to your feet.” **Come have your blood sugar checked in the library and get a new stainless steel water bottle. Discuss your blood sugar results with a provider and you can also register to win Arrowhead Water Delivery Service for 1 year, a water dispenser, a family pass to the Pinehurst Park Beach, or a fresh produce gift certificate at Super One.** Then stop by the classroom (next door to the library) to sample a few tasty ways to flavor your water such as:

- Top with lemon
- Brew a cup of herbal tea
- Drop in fresh cucumber slices
- Add pineapple
- Float some blueberries
- Squeeze in some orange juice
- Carbonated
- Splash in cranberry juice
- Add calorie-free raspberry syrup to crushed ice
- Drink it pure!



**“Nibi minikwen endaso-giizhig!”**  
**Drink water every day!**  
**Have your blood sugar checked at Health Fair**  
**and get a new stainless steel water bottle.**

Other health fair activities include:

- Shakopee Dakota Clinic Mobile Mammography—available 9 am—4:30 pm for women 40 and above. Call Deb Susienka to schedule an appointment at 878-2126.
- Memorial Blood Mobile—available 8:30 am-2:30 pm. Walk in appointments welcome.
- Fire Truck—come see the different fire demonstrations
- Prevent cancer super colon—come see what your colon looks like
- Life Flight—come see the mobile helicopter for medical responses 10 am—2 pm
- Join us for a walk at 1 pm—meet at the gym side entrance
- Prize drawings 10:00 and 2:30 ONLY—must be present to win
- Bring a non-perishable food item for the local food shelf for an extra raffle ticket.

# *Walking Into the Unknown*

Come and see this movie featuring Arne Vainio, MD

**SAVE THE DATE**

Tuesday, July 14th

5:00 pm

Cloquet Forestry Center

Feast to follow



## **WALKING INTO THE UNKNOWN**

### **DIBI BIINDIGE'OSEYAAN**

“Walking into the Unknown” traces the intimate journey of a middle aged American Indian male through the health care system as he gains a deeper understanding of himself and the health risks he faces. Frustrated by middle-aged Native men not coming in for health screenings, he came to the realization that he was also avoiding the necessary screenings. The program is based on Dr. Arne Vainio’s 49th and 50th years of life, a critical turning point in the lives of many American Indian males when it is important to become earnestly involved in finding out more about the ways in which their health and well being are at risk and developing ways to practice healthier choices.

Several powerful testimonials from community members who have experienced the premature loss of Native men in their families are included along with several diagnostic tests that are experienced and explained from the patient’s perspective.

65 minute film with 5 main topics including: Diabetes, Heart Disease, Stroke, Suicide and Alcoholism

**Fond du Lac Human Services**

*offers*

**Weight Watchers® At Home Kits** *with guidance from a Registered Dietitian*

### **Weekly Meetings In Progress**

**CAIR: Mondays • 12:00 OR 4:30 • Community Room**

*(please enter the 215 CAIR building)*

**Cloquet: Thursdays • 12:00 OR 4:30 • FDL Tribal Center Library Conference Room**

The At Home kit includes all the resources you need to follow the Weight Watchers plan.

Weekly meetings provide an opportunity for self-monitoring, support, and education.

Join us at a meeting or contact Jennifer Hall at 878-2146.

1 kit per eligible participant—lost, stolen, damaged kits can not be replaced.



# *On The Move!*

## *Diabetes Prevention*

### *June 2009*



For more information call 878-3794

**NOTE: \*Incentive pick up dates have changed to once a month\***

**2k-5k walk/run will be on Enrollee Day Saturday, June 28th  
Registration 8:00am-9:00am at the Head Start Gym  
Race starts at 9:15 am**

#### **Yoga Class:**

- Mondays from 12:00 pm-1:00 pm (**No Class June 8th, 15th, 22nd, 29th**)
- McKnight Room at the FDL Human Services Division (Min No Aya Win)  
Use door 5 to enter the building
- Improves flexibility and learn ways to relax

#### **Water Aerobics:**

- Mondays and Wednesdays from 8:00 am-9:00 am (elders) Tribal Center Pool

#### **Tai Chi:**

- Mondays from 9:15 am-9:45 am (elders) Tribal Center

#### **Pilates:**

- Tuesdays and Thursdays from 12:00 pm -12:30 pm (open) Tribal Center Gym
- An exercise that increases strength, flexibility, stamina, and concentration.

#### **Cooking Class:**

- Tuesday, June 16th from 5:00 pm - 7:00 pm
- Fond du Lac Tribal Center ENP (Community Center Side)
- Light supper provided

#### **Smoking Cessation:**

- Call 878-3707 to schedule an appointment for MNAW and CAIR.

**Walking or working out at the tribal community centers for at least 20 minutes counts too!**

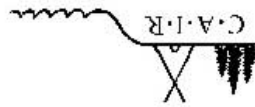
**-REMINDER-**

**Clearly sign first and last name in the "On The Move" binder to receive points.  
(Fond du Lac Reservation locations only)**

Fond du Lac Human Services Division - Public Health Nursing Department

Living In Balance Newsletter  
Fond du Lac Human Services

Jennifer Hall—Medical  
927 Trettel Lane  
Cloquet, MN 55720



## Blood Sugar Goals

Blood Sugar Goals	
<b>Fasting</b> (nothing to eat/drink for 8 hours)	80—120 mg/dl
<b>2 Hours After Meals</b>	80—140 mg/dl
<b>Bedtime</b>	100—140 mg/dl
<b>Hemoglobin A1c</b>	Less than 6.5%

