



New Health Challenge with the CBNHC Diabetes Program

“The White Out” Challenge

Starts May 9, 2022 - June 24, 2022

Pick up your packet to learn about carbs and challenge yourself to choose foods lower in carbohydrates for your healthy diet



Pick up your packet at the diabetes office or sign up at the local Community Walk events

For more information, please call 505 908-2772

Participants who complete all 7 weeks will receive a very nice incentive.

