

# DM Program 2017

**2-hour seminar classes are continuing in 2017 for our diabetes population.**

Diabetes Seminar: Kombucha Making Class with Erin Barker 10-18-17

Kombucha is a drink that aids Digestion and Gut Health. Because it's naturally fermented with a living colony of bacteria and yeast, **Kombucha** is a probiotic beverage. This has a myriad of **benefits** such as improved digestion, fighting candida (harmful yeast) overgrowth, mental clarity, and mood stability.

This is a class that you must reserve a seat for and only the first ten participants will be accepted per class session.



**Wednesday; October 18, 2017**  
**Kombucha Making Class with Erin Barker**

**5:30 P.M.-7:30 P.M.**

Klamath Tribal Health & Family Services  
Upstairs Large Conference Room  
3949 South 6th Street

**Must RSVP by October 16th Jackie Guiley-DM  
Program Coordinator  
(541) 882-1487 ext 304**