



Denver Indian Health
& Family Services, Inc.



a Fall Workshop Series: For Your Life and Health

**Sessions are open to all American Indians over 18 years of age
interested in improving their health!**

Topic	Date
Aug: Healthy Eating	August 26, 2009
Sept: Energy Balance	September 2, 2009
Keep Tobacco Sacred	September 9, 2009
Cancer 100	September 16, 2009
Oct: Get on the Path to Breast Health	October 7, 2009
Get on the Path to Colon Health	October 14, 2009
Get on the Path to Cervix Health	October 21, 2009
Get on the Path to Prostate Health	October 28, 2009
Nov: Environmental Contaminants	November 4, 2009
Wills and Living Wills	November 11, 2009
Palliative Care	December 2, 2009
Overview of Native American Cancer Education (NACES) for Survivors	December 9, 2009

All sessions will be held from **10:00 AM – 12:00 Noon**
at DIHFS Offices at 1633 Fillmore Street.
Participants will receive a small stipend for participating.
Please call 303-953-6600 for more information.