

*The Center for Victims of Torture
Survivors Connect presents*

HEALTHY LIVING WORKSHOP

with Community Health Worker

Mimi Starks

and Community Programs Social Work Intern
Marakah Mancini de León

Nutrition, Diabetes Management, Blood
Pressure, Exercise, Mental Health and
other topics

Wednesdays, 10:00 – 12:00
October 18 – December 6

The Saint Paul Healing Center
649 Dayton Ave St. Paul, MN