UNITED TRIBES TECHNICAL COLLEGE
EXTENSION PROGRAM

THE LEAN MACHINE:
THE FOUR DIRECTIONS
TO EATING LEAN AND
BEING LEAN

Educational Resource Guide
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References:


Additional Resources from the UTTC Extension Program:

Contact the UTTC Extension Program at 701-255-3285 Ext. 397 for more information.

- Buffalo and Native American Wellness Educational Resource Guide
- Steps for Diabetes Prevention Brochure
- Balanced Living for Wellness Handout
- Is Type 2 Diabetes a Concern for You? Brochure

Tribal or County Extension Offices are also a source of additional nutrition and physical activity information.

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