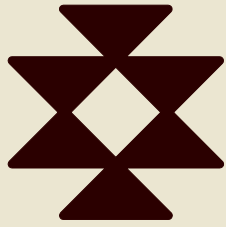


Diabetes Talking Circle



SNAHC
Sacramento Native American Health Center

Every month the Sacramento Native American Health Center, Inc. offers free workshops about Diabetes Self Management. Please join us in August for 3 classes about caring for yourself or someone with diabetes: We will have information about using insulin, the importance of dental care, and another popular Body Movement for Wellness class.

Topic	Date	Time	Location
Understanding Insulin with Nicole Vas, CDE	Tuesday, August 2	10:00am-12:00pm	Kutba Room (Medical Clinic)
Diabetes and Dental Health with Dr. Yang	Tuesday, August 9	10:00am-12:00pm	Kutba Room (Medical Clinic)
YMCA Body Movement for Wellness	Tuesday, August 23	11:00am-12:00pm	Sequoia Room (Upstairs from Dental Clinic)

August 2 Presented by Nicole Vas, CDE (Certified Diabetes Educator)

August 9 Presented by Dr. Yang, SNAHC Dental Director

August 23 Presented by Amy Byerhoff from YMCA

A light lunch will be served

Free giveaways for attendance



Learning to
Live Life
with **Diabetes**

Registration is required! Sign up by calling Brian Shaw @916-341-0575 x2258 or email: brian.shaw@snahc.org