## Diabetes Talking Circle

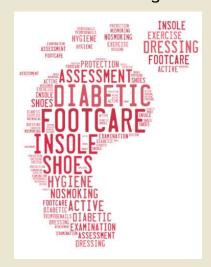


Every month the Sacramento Native American Health Center, Inc. offers free workshops about Diabetes Self Management. Please join us in September for a class about proper foot care for patients with diabetes. Later in the month Amy from YMCA will return for another Body Movement for Wellness class.

Topic	Date	Time	Location
Diabetes and Foot Care with Dr. Newhard	Monday, September 12	11:00am- 1:00pm	Kutba Room (Medical Clinic)
YMCA Body Movement for Wellness	Tuesday, September 27	11:00am- 12:00pm	Sequoia Room (Upstairs from Dental Clinic)

## September 12 Presented by SNAHC podiatrist Heather Newhard, DPM, MPH September 27 Presented by Amy Byerhoff from YMCA

A light lunch will be served - Free giveaways for attendance



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