



a California Health Center

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Diabetes Talking Circle



Every month Sacramento Native American Health Center, Inc. offers free workshops about Diabetes Self Management. Please join us in October for an open forum: ask your questions about Diabetes and find out from others living with this condition. Also, later in the month, Amy from the YMCA will return for another Body Movement for Wellness class.

Topic	Date	Time	Location
Open Forum: What's On Your Mind?	Tuesday, October 11	10:00am-12:00pm	Kutba Room (Medical Clinic)
YMCA Body Movement for Wellness	Tuesday, October 25	11:00am-12:00pm	Sequoia Room (Upstairs from Dental Clinic)

October 11 hosted by Brian Shaw, SNAHC Diabetes Program Coordinator

October 25 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

All Are Welcome

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