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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 April for an in-depth look at healthy meal preparation at home while on a limited budget.

And, as usual, Amy from YMCA will return for another Body Movement for Wellness class.

Topic	Date	Time	Location
Shopping Smart For Health and Wellness: Healthy Meal Preparation	Tuesday, April 4, 2017	10:00am-12:00pm	Medical Clinic Lobby
YMCA Body Movement for Wellness	Tuesday, April 25, 2017	11:00am-12:00pm	Sequoia Room (Upstairs from Dental Clinic)

April 4 presented by Brian Shaw, SNAHC Diabetes Program Coordinator

April 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](mailto:brian.shaw@snahc.org)

All Are Welcome

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