



CARE. COMMUNITY. CULTURE.

Diabetes Talking Circle



Farmers Market

Every month Sacramento Native American Health Center, Inc. offers free, informative, and fun workshops about Diabetes Self-Management.

Please join us in May for a special field trip to Fremont Park Farmers' Market to shop for healthy fruits and vegetables on a budget.

And, as usual, Amy from YMCA will return for another low-impact exercise class for all abilities.

Topic	Date	Time	Location
Shopping Smart For Health and Wellness: Farmers' Market Visit	Tuesday, May 9, 2017	10:00am-1:00pm	Medical Clinic Lobby/ Fremont Park
LIMITED TRANSPORTATION PROVIDED FROM/TO SNAHC—CALL NOW TO RESERVE YOUR SPACE ON THE VAN—OR MEET US AT FREMONT PARK! FIRST 20 TO REGISTER WILL RECEIVE A VOUCHER FOR FREE FRUITS AND VEGETABLES!			
YMCA Body Movement for Wellness	Tuesday, May 23, 2017	11:00am-12:00pm	Sequoia Room (Upstairs from Dental Clinic)

May 9 presented by Brian Shaw (SNAHC) and Tisha Sohail (Alchemist CDC)

May 23 presented by Amy Byerhoff from YMCA

A light lunch will be served on May 23

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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