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## Diabetes Talking Circle

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



Join us in August for a close look at why exercise is so important, and how to get more of it in your life... every day!

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

Topic	Date	Time	Location
Physical Activity: Logistics and Logic	Tuesday, August 1, 2017	10:00am-12:00pm	Medical Clinic Lobby
YMCA Body Movement for Wellness	Tuesday, August 22, 2017	11:00am-12:00pm	Sequoia Room (Upstairs from Dental Clinic)

August 1 presented by Brian Shaw, SNAHC Diabetes Program Coordinator

August 22 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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