



CARE. COMMUNITY. CULTURE.

Diabetes Talking Circle



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

Join us in early September for a special presentation on how we can love and give ourselves the best self-care possible: in our food, medication, and our lives!

Later in September we will have an Open Forum: Ask questions or listen to others living well with Diabetes!

Topic	Date	Time	Location
Self/Non-Self: Giving YourSELF the Best!	Tuesday, September 5, 2017	10:00am-12:00pm	Medical Clinic Lobby
Open Forum - What's On Your Mind?	Tuesday, September 26, 2017	10:00am-12:00pm	Medical Clinic Lobby

September 5 presented by Nicole Bozzo, SNAHC Behavioral Health Department Manager
September 26 presented by Brian Shaw, SNAHC Diabetes Program Coordinator
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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