



CARE. COMMUNITY. CULTURE.

Diabetes Talking Circle



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

Please join us in November for a special discussion about our mental and spiritual health with SNAHC's very own Albert Titman Sr.: Albert will talk with us about how to manage stress, especially in these current times.

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

Topic	Date	Time	Location
Mental and Spiritual Stress Management	Tuesday, November 14, 2017	10:00am-12:00pm	Sequoia Room (Upstairs from Dental Clinic)
YMCA Body Movement for Wellness	Tuesday, November 28, 2017	11:00am-12:00pm	Sequoia Room (Upstairs from Dental Clinic)

November 14 presented by Albert Titman Sr., Miwuk, Pit River, CADC II

November 28 presented by Amy Byerhoff from YMCA

A light lunch will be served

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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