

**CARE COMMUNITY CULTURE**

# DIABETES TALKING CIRCLE

## OPEN TO ALL ♦ SEQUOIA ROOM

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

Do you have questions about diabetes medications? How does Metformin work? Why do I need insulin? Why does Victoza work? Please join us in January for an overview of the different types of medications to manage blood sugars.


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

*A light lunch will be served.  
Registration is required!*



TOPIC	DATE	TIME	PRESENTER
Diabetes Basics: Know Your Meds	Tuesday January 16, 2018	10:00am to 12:00pm	Brian Shaw, Diabetes Program Coordinator
YMCA Body Movement for Wellness	Tuesday January 23, 2018	11:00am to 12:00pm	Amy Byerhoff, YMCA

To register, contact **BRIAN SHAW**

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