

CARE COMMUNITY CULTURE

DIABETES TALKING CIRCLE

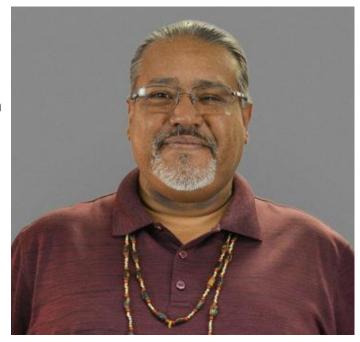
OPEN TO ALL SEQUOIA ROOM

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

In February, we will host a rescheduled event 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 February, 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
Stress Management:	Tuesday	10:00am to 12:00pm	Albert Titman, Sr.,
Mental and Spiritual	February 13, 2018		Miwuk, Pit River,
Tools to Stay Balanced	Rescheduled from November 14, 2017		CADAC II
YMCA Body Movement	Tuesday	11:00am to 12:00pm	Amy Byerhoff,
for Wellness	February 27, 2018		YMCA

To register, contact BRIAN SHAW



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