

**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: Mental and Spiritual Tools to Stay Balanced	Tuesday February 13, 2018 <small>Rescheduled from November 14, 2017</small>	10:00am to 12:00pm	Albert Titman, Sr., Miwuk, Pit River, CADAC II
YMCA Body Movement for Wellness	Tuesday February 27, 2018	11:00am to 12:00pm	Amy Byerhoff, YMCA

To register, contact **BRIAN SHAW**

 (916) 341-0575 ext. 2258

 Brian.Shaw@snahc.org

