

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.


March is Colorectal Cancer Awareness Month. Colorectal cancer (CRC) is the 2nd leading cause of cancer death in the US. Each year, 135,000 people are diagnosed and about 50,000 die from CRC. Come to this class to get the facts about this disease and how to get tested.

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



TOPIC	DATE	TIME	PRESENTER
Colorectal Cancer: Get the Facts, Get Tested!	Tuesday March 13, 2018	10:00am to 12:00pm	Caty Franco, UC Davis Comprehensive Cancer Center
YMCA Body Movement for Wellness	Tuesday March 27, 2018	11:00am to 12:00pm	Amy Byerhoff, YMCA

To register, contact **BRIAN SHAW**

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