

CARE COMMUNITYCULTURE

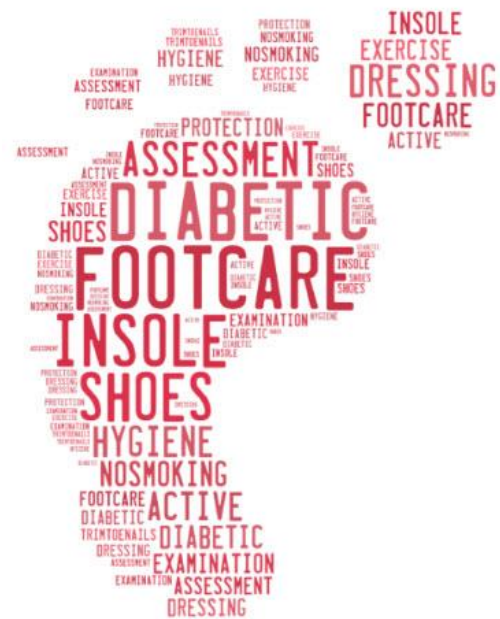
DIABETES TALKING CIRCLE

OPEN TO ALL ♦ SEQUOIA ROOM

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


In April we will hear from our very own SNAHC podiatrist, Dr. Jagur. He will discuss how to properly care for our feet when we have diabetes, along with the importance of seeing a foot doctor once per year.

And, as usual, in later April, Marysol from YMCA will return for another low-impact Body Movement for Wellness exercise class for all abilities.



TOPIC	DATE	TIME	PRESENTER
Diabetes Foot Care	Tuesday April 10, 2018	10:00am to 12:00pm	Dr. Parminder Jagur, SNAHC Podiatrist
YMCA Body Movement for Wellness	Tuesday April 24, 2018	11:00am to 12:00pm	Marysol Campos, YMCA

To register, contact **BRIAN SHAW**

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