

CARE COMMUNITY CULTURE

DIABETES TALKING CIRCLE

OPEN TO ALL

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

In May, you are invited to join us for our annual Grocery Store Field Trip: We will visit 2 local grocery stores to explore the healthiest foods, how to read nutrition labels, and how to shop smart to maximize our budget.




This trip is open to anyone, with a maximum of 15 participants. All participants will receive a free gift for joining us on this important trip. Transportation is available – please request when registering. **REGISTRATION IS REQUIRED TO PARTICIPATE IN THIS EVENT.**

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

TOPIC	DATE	TIME & PLACE	PRESENTER
Annual Grocery Store Field Trip	Tuesday May 15, 2018	10:00am to 2:00pm Meet at SNAHC	Brian Shaw, Diabetes Program Coordinator
YMCA Body Movement for Wellness	Tuesday May 22, 2018	11:00am to 12:00pm Sequoia Room	Marysol Campos, YMCA

To register, contact **BRIAN SHAW**

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