

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 June, you are invited to join us for our annual Farmers’ Market trip: We will visit Cesar Chavez Park to explore all that this seasonal market has to offer. Fresh fruits and vegetables from local farmers will be available to sample and purchase.



This trip is open to anyone, with a maximum of 20 participants. All 20 participants will receive a \$10 voucher for free produce. Transportation is available – please request when registering. **REGISTRATION IS REQUIRED TO PARTICIPATE IN THIS EVENT.**

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

TOPIC	DATE	TIME & PLACE	PRESENTER
Annual Farmers’ Market Trip	Wednesday June 20, 2018	10:00am to 1:00pm Cesar Chavez Park	Brian Shaw, Diabetes Program Coordinator
YMCA Body Movement for Wellness	Tuesday June 26, 2018	11:00am to 12:00pm Sequoia Room	Marysol Campos, YMCA

To register, contact **BRIAN SHAW**

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