

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 July we will have another Open Forum: Come and ask any questions you have about Diabetes – what to eat, medications, exercise – anything on your mind! A healthy lunch will be provided, and raffle prizes will be awarded to everyone. Funding for this class is provided by various clinic grants.

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



TOPIC	DATE	TIME	PRESENTER
Open Forum	Tuesday July 10, 2018	10:00am to 12:00pm	Brian Shaw, Diabetes Program Coordinator
YMCA Body Movement for Wellness	Tuesday July 24, 2018	11:00am to 12:00pm	Marysol Campos, YMCA

To register, contact **BRIAN SHAW**

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