



a californiahealth+ center

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 August we will have Marysol from YMCA return for another low-impact Body Movement for Wellness exercise class for all abilities.

This class is an excellent opportunity to learn how to stretch, increase flexibility & strength, and learn simple exercises you can do at home!

*A light lunch will be served.
Registration is not required.*



TOPIC	DATE	TIME	PRESENTER
YMCA Body Movement for Wellness	Tuesday August 28, 2018	11:00am to 12:00pm	Marysol Campos, YMCA

To register, contact **BRIAN SHAW**

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