

**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. Please join us mid-October to hear from our own Dr. Asher. She will be talking about the importance of yearly flu vaccinations: facts, myths, the alarming history of the flu, plus more!

Flu shots will be available to all participants.

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

*A light lunch will be served.  
Registration is required!*



TOPIC	DATE	TIME	PRESENTER
Yearly Influenza Vaccine: Why Do I Need It?	Tuesday October 16, 2018	10:00am to 12:00pm	Dr. Ava Asher
YMCA Body Movement for Wellness	Tuesday October 23, 2018	11:00am to 12:00pm	Marysol Campos, YMCA

To register, contact **BRIAN SHAW**

 (916) 341-0575 ext. 2258

 Brian.Shaw@snahc.org



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**