

CARE COMMUNITY CULTURE

DIABETES TALKING CIRCLE

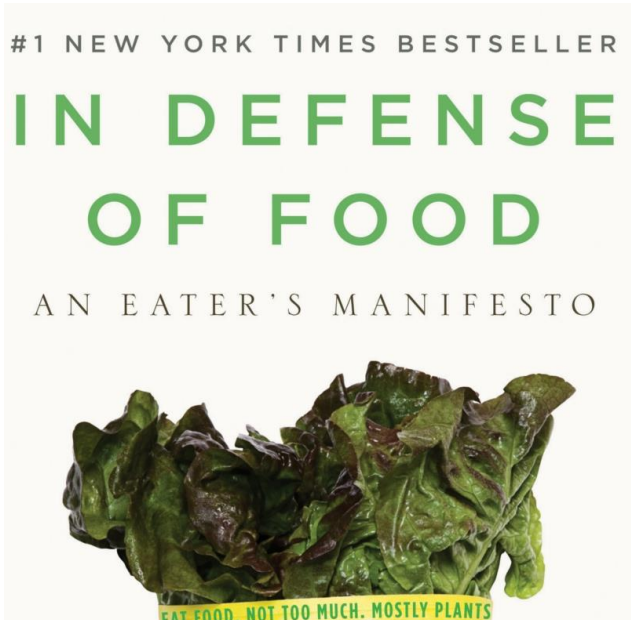
OPEN TO ALL ◇ SEQUOIA ROOM

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

Please join us mid-November for a special movie screening: “In Defense of Food,” which is about our Western Diet, how it affects health, and how to move toward a healthier way of eating.

And, as usual, in later November, 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
Movie Screening: In Defense of Food	Tuesday November 20, 2018	10:00am to 1:00pm	Brian Shaw, Certified Diabetes Educator
YMCA Body Movement for Wellness	Tuesday November 27, 2018	11:00am to 12:00pm	Marysol Campos, YMCA

To register, contact **BRIAN SHAW**

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