

**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.

Are you recently diagnosed with diabetes or pre-diabetes? Do you have questions about how to manage and improve this condition? Do you want some simple diabetes info?

Please join us mid-December for a discussion about the basics of diabetes and pre-diabetes: blood sugar, diet, exercise, stress, sleeping, and more!

And, as usual, in later December, 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
Diabetes 101: The Basics	Tuesday December 11, 2018	10:00am to 12:00pm	Brian R. Shaw, Certified Diabetes Educator
YMCA Body Movement for Wellness	Tuesday December 18, 2018	11:00am to 12:00pm	Marysol Campos, YMCA

To register, contact **BRIAN SHAW**

 (916) 341-0575 ext. 2258

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FOR HEALTHY LIVING  
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