

CARE COMMUNITY CULTURE

DIABETES TALKING CIRCLE

OPEN TO ALL

Every month Sacramento Native American Health Center, Inc. offers free, informative, and fun workshops about Diabetes Self-Management that focus on education, exercise, and health improvement.

February is American Heart Month. The health of our heart is so much more than our heartbeat. Come find out how to live “Heart Healthy” now and every single day!


And as always, later in February, Personal Trainer Marysol from YMCA will lead us in 45 minutes of low-impact exercise for all abilities that we can also do at home.

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



TOPIC	DATE	TIME	LOCATION	PRESENTER
Diabetes Basics: Heart Healthy Living	Tuesday February 12, 2019	10:00am to 12:00pm	Kutba Classroom (Medical Clinic)	Brian Shaw, Certified Diabetes Educator
YMCA Body Movement for Wellness	Tuesday February 26, 2019	11:00am to 12:00pm	Sequoia Room (Second Floor)	Marysol Campos, YMCA Personal Trainer

To register, contact **BRIAN SHAW**

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