

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 that focus on education, exercise, and health improvement.

Do you want to live the healthiest life possible while managing diabetes? Please join us in January for a look at what health screenings we should ask our doctor about completing every year.


Later in January, 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	PRESENTER
Diabetes Basics: Yearly Health Screenings	Tuesday January 8, 2019	10:00am to 12:00pm	Brian Shaw, Certified Diabetes Educator
YMCA Body Movement for Wellness	Tuesday January 22, 2019	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**