

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.

Eye health is so much more than vision! Each year, people with diabetes should have a retinopathy screening in addition to an eye exam. Come find out what retinopathy is, and why screening is so important... and simple! It could save your vision.


And as always, later in March, 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: Eye Health & More!	Tuesday March 12, 2019	11:00am to 1:00pm	Aaron Cleveland, MD SNAHC Medical Director
YMCA Body Movement for Wellness	Tuesday March 26, 2019	11:00am to 12:00pm	Marysol Campos, YMCA Personal Trainer

To register, contact **BRIAN SHAW**

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