

CARE COMMUNITY CULTURE

DIABETES TALKING CIRCLE

OPEN TO ALL ◇ SPACE IS LIMITED

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.

Please join us in April for a very special class on how to eat healthy & satisfying food while on a budget: Crystal Orozco, a Registered Dietitian, will give us tips and tricks to finding and preparing food that is good for us when money is tight!

REGISTRATION IS REQUIRED
SPACE IS LIMITED TO 17 PARTICIPANTS
ONLY THE FIRST 17 REGISTERED WILL BE ADMITTED

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



TOPIC	DATE	TIME	LOCATION	PRESENTER
Diabetes Basics: Eating Healthy On a Budget	Wednesday, April 10, 2019	3:00pm to 5:00pm	Kutba Classroom (Medical Clinic)	Crystal Orozco, RD, CDE Registered Dietitian
YMCA Body Movement for Wellness	Tuesday April 23, 2019	11:00am to 12:00pm	Sequoia Room (Second Floor)	Monica Ng, YMCA Personal Trainer

To register, contact **BRIAN SHAW**

 (916) 341-0575 ext. 2258

 Brian.Shaw@snahc.org



**FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**