

**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.

Do you know how to eat healthy at restaurants? It can be challenging to find fast food that isn't bad for our health. Crystal Orozco, a Registered Dietitian, will give us tips and tricks for identifying healthier options while eating at restaurants. It can be done - Come find out how!



REGISTRATION IS REQUIRED

**SPACE IS LIMITED TO 17 PARTICIPANTS**

ONLY THE FIRST 17 REGISTERED WILL BE ADMITTED


We will be sampling a variety of healthy restaurant food choices

And as always, later in May, 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: Fast Food Favorites	Wednesday, May 8, 2019	3:00pm to 5:00pm	Kutba Classroom (Medical Clinic)	Crystal Orozco, RD, CDE Registered Dietitian
YMCA Body Movement for Wellness	Tuesday May 28, 2019	11:00am to 12:00pm	Sequoia Room (Second Floor)	Monica Ng, YMCA Personal Trainer

To register, contact **BRIAN SHAW**

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**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**