

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.

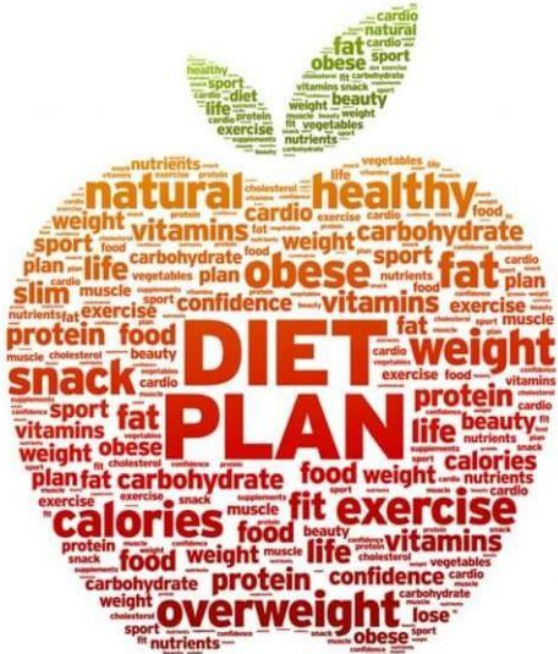
DIET! FAST RESULTS!

Have you ever been on a diet? Did it work? Why or why not? How do diets work for weight loss and improved health? What is the **BEST** diet, and why does it work? Come to class on July 9 to find out more!

Two bags of healthy groceries will be given away at this class!


And as always, later in July, 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.

A light lunch will be served. Registration is recommended!



TOPIC	DATE	TIME	PRESENTER
Diabetes Basis: Decoding "Diets"	Tuesday July 9, 2019	11:00am to 1:00pm	Brian Shaw, Certified Diabetes Educator
YMCA Body Movement for Wellness	Tuesday July 23, 2019	11:00am to 12:00pm	Monica Ng, YMCA Personal Trainer

To register, contact **BRIAN SHAW**

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**