

CARE COMMUNITY CULTURE

DIABETES TALKING CIRCLE

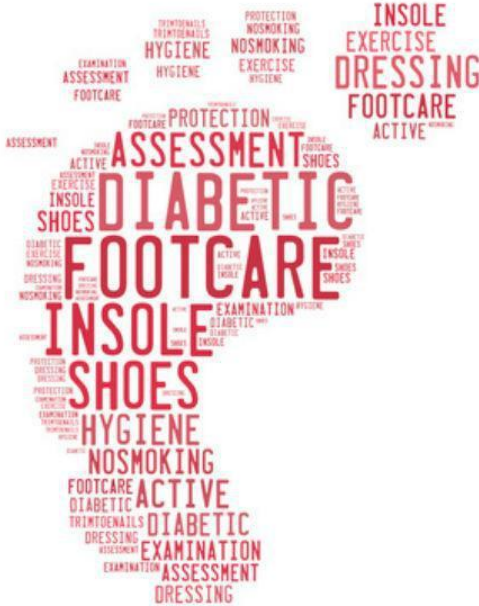
OPEN TO ALL ◇ SEQUOIA ROOM

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 know how to properly care for your feet?
Do you have foot pain or injuries that are slow to heal?
If you have diabetes, you should see a foot doctor at least once per year to address your foot health.
Come to this class to find out more from Dr. Jagur!


And as always, later in August, 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: Foot Health	Wednesday August 21, 2019	11:00am to 1:00pm	Parminder Jagur, DPM SNAHC's Podiatrist
YMCA Body Movement for Wellness	Tuesday August 27, 2019	11:00am to 12:00pm	Monica Ng, YMCA Personal Trainer

To register, contact **BRIAN SHAW**

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