

CARE COMMUNITY CULTURE

DIABETES TALKING CIRCLE

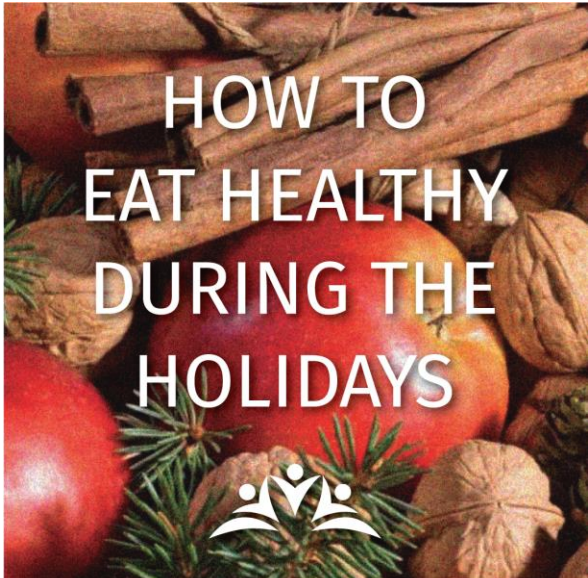
OPEN TO ALL ◇ SEQUOIA ROOM

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.

HEALTHY HOLIDAY EATING!

Does the thought of eating healthy at the holidays scare you? There are so many tasty, rich, unique foods to savor! How can we enjoy all of the good holiday foods and still manage our health? Come to this class to find out more!


And as always, later in November, 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: Healthy Holiday Eating	Tuesday November 12, 2019	11:00am to 1:00pm	Brian Shaw, Certified Diabetes Educator
YMCA Body Movement for Wellness	Tuesday November 26, 2019	11:00am to 12:00pm	Monica Ng, YMCA Personal Trainer

To register, contact **BRIAN SHAW**

 (916) 341-0575 ext. 2258

 Brian.Shaw@snahc.org



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