

**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.

**DETOX! CLEANSE!**

Do you see these words and wonder if you NEED either? What is a “detox”? How do you “cleanse” your body of harmful toxins? What are these “toxins” mysteriously collecting in our bodies and doing harm? Come to this class to find out more!  
**Two luck attendees will each win a bag of healthy groceries!**


And as always, later in October, 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!*

**DETOX  
YOUR  
BODY**

TOPIC	DATE	TIME	PRESENTER
Diabetes Basis: Decoding “Detox”	Tuesday October 15, 2019	11:00am to 1:00pm	Brian Shaw, Certified Diabetes Educator
YMCA Body Movement for Wellness	Tuesday October 22, 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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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**