

CARE COMMUNITY CULTURE

DIABETES LIVING WELL

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.

NEW YEAR'S RESOLUTIONS

The New Year can be a great time to revisit our health goals. Do you want to eat healthier? Exercise more? Find balance? In this class we will explore the good and the bad about New Year's Resolutions!


And as always, later in January, 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
New Year's Resolutions: Yea Or Nay?	Tuesday January 14, 2020	11:00am to 1:00pm	Brian Shaw, Certified Diabetes Educator
YMCA Body Movement for Wellness	Tuesday January 28, 2020	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**