

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.

In December we will have Monica from YMCA return for another low-impact Body Movement for Wellness exercise class for all abilities. You can prevent weight gain during the holidays with regular exercise!


This class is an excellent opportunity to learn how to stretch, increase flexibility & strength, and learn simple exercises you can do at home!

*A light lunch will be served.
Registration is not required.*



TOPIC	DATE	TIME	PRESENTER
YMCA Body Movement for Wellness	Tuesday December 17, 2019	11:00am to 12:00pm	Monica Ng, YMCA Personal Trainer

For information, contact **BRIAN SHAW**

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