

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.

PREVENT FALLS WITH PROPER BALANCE!

Preventing falls is important as we get older. Amy Lea Nielson will lead this workshop and will teach us skills to prevent injury. We will learn how to use our eyes, ears, and balance to move safely every day. We will also learn simple daily exercises to keep our backs straight so we can have healthy, active lives!

And as always, later in February, 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 healthy lunch will be served.

Registration is recommended to secure your spot!



TOPIC	DATE	TIME	PRESENTER
Fall Prevention Through Empowerment	Tuesday February 11, 2020	11:00am to 1:00pm	Amy Lea Nielson, Personal Trainer, Center Seven
YMCA Body Movement for Wellness	Tuesday February 25, 2020	11:00am to 12:00pm	Monica Ng, YMCA Personal Trainer

To register, contact **BRIAN SHAW**

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FOR HEALTHY LIVING
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