

**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.



**DO YOU WANT TO LEARN ABOUT DIABETES FROM A GAME?**  
Group activities and board games are a great way to learn! “Learning About Diabetes” is a fun game that we will play. You will work in teams to answer questions about health. Do you want to learn more about diabetes through a game? Come to this class and play the game!


And as always, later in March, 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!*

**HEALTHY EATING**


Vegetables give us: a. vitamins  
b. fiber c. minerals d. b and c only  
e. all of these. **Answer: e.** Vegetables are a good source of vitamins, minerals, and fiber.



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TOPIC	DATE	TIME	PRESENTER
Board Game: Learning About Diabetes	Tuesday March 10, 2020	11:00am to 1:00pm	Brian Shaw, Certified Diabetes Educator
YMCA Body Movement for Wellness	Tuesday March 24, 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](mailto:Brian.Shaw@snahc.org)



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**