

Diabetes in Motion

A food and moving medicine class
for people with diabetes



Every 3rd Friday from 1:20 pm – 3:30 pm
at the SFGH Wellness Center, 2nd Floor

December 16, 2016

January 20, 2017

February 17, 2017

March 17, 2017

April 21, 2017

May 19, 2017

Each drop in session uses movement and food in unique, fun, and inspiring ways to bring awareness to the body

- Discover ways to tune in to blood sugar levels
- Explore getting circulation moving whether standing or sitting
- Learn to work with fresh, whole ingredients
- Experience how to liven things up and wake up the taste buds

FREE
Delicious
Samples!!

Classes facilitators:
Sylvie Minot of Syzygy Dance Project
Catherine McConkie of The Caregivers Table