

Greetings Ladies,
Please plan to attend these upcoming AAWHL events at our location:
Sacramento Food Bank & Family Services, Conference Room #2
3333 Third Avenue (3rd Avenue & 34th Street)

**Don't Forget Our Nutrition Class Monday (June 3 @ 2:00pm)
Bring Your Favorite Recipe to Share and Discuss**

**Also bring your best friend, daughter, partner, or relative to support you
in your life-time commitment to a healthier lifestyle.**

SUMMER
2013



Type II Diabetes/Hypertension/Obesity Programs for African American women, girls, mothers & daughters

AAWHL is increasing its offerings of classes, meet-ups, workshops and fun events to help you increase your knowledge, and efforts to control these chronic diseases.

Please call now to sign-up for nutrition, health education, advocacy trainings and consultations with our student doctors from the UC Davis School of Medicine.

***Type II
Diabetes/Hypertension/Obesity
Nutrition Program - Mondays
June, 3, 10, 17, 24 @ 2:00pm***

***Sacramento Food Bank & Family Services 3333 Third
Avenue, Conference Rm2***

***Recipe Taste Testing, Nutrition/Calorie Counting/Content Label
Reading, Menu Planning and much more for healthier eating.***



We're very excited to announce the Health Education Councils series of weekly nutrition, taste-testing, recipes and information sharing ways to eat and feed our families healthier. Spend an informational hour to support someone you love, YOURSELF! Don't forget to bring your mother, daughter, or other female friends.

Bring your favorite recipe and your favorite friend for support!

***Dignity Health
6 Week Diabetes Self-Management
Workshops - Wednesdays, June 12 - July 17
11:00am - 1:30pm at Sacramento Food Bank & Family Services
(A light healthy snack will be provided)***

\$20 Workshop fee will be collected at first session.

AAWHL is very excited to announce our partnership with Dignity Health, helping you:

- Practice ways to self-manage your diabetes
- Make better nutrition choices and appropriate exercise goals
- Learn ways to prevent low blood sugar and complications
- Learn better ways to talk with your doctor and family about your health, and

- Obtain the peer support you need to help manage your diabetes.

To register, please call Sharon @ 916-230-1631 or Toni @ 916-519-9189 today. Limited seating. Spend this informational time to further your knowledge about your chronic condition(s) and as always, you are encouraged to bring someone you love!

*"Meet & Greet" our
UC Davis School of
Medicine Students,
Wednesday -
July 10, 6-8pm
Sac Food Bank & Family
Services*



Wednesday, July 10 @ 6pm -8pm

Please plan to attend this very important "meet & greet" with the UC Davis Medical students and Residents. As students, these young doctors are interested in learning more about Diabetes and other chronic diseases so they may better serve YOU, their future patient. This is your opportunity to learn how to prepare for your doctors visits, find the "right" doctor for your needs, know the questions you need to ask the doctor, and bring information to share for the best possible results.

Saturday, July 13, Imani Oak Park FREE Clinic For AAWHL @ 8:00am

AAWHL women are invited to enroll and be treated by our UC Davis Medical students and Residents. If you are not covered by any medical plan, you are eligible to be treated, FREE, at the clinic. Please take advantage of this opportunity to control your Diabetes, hypertension, or other chronic disease. These are the same doctors you met on Wednesday.

Wednesday, August 7 @ 6pm-8pm

You are invited to attend this final meeting, in this series, with the medical students and Residents to share your experience from the "meet & greet", and the Imani Clinic visit. You will be asked to provide your input to assist our students to becoming the great doctors our community deserves.

Advocacy Training Program

Beginning June 26, 2013

Sacramento Food Bank & Family Services

The Advocate Training Program trains women from the grassroots community to become effective health policy activists and advocates. The issues range from general empowerment to specific health concerns, such as mental and emotional wellness. The 9 month training program also includes a skill-building focus so that participants will learn community organizing and advocacy skills.

The specific topics covered include:

- The Legislative and Budget Process
- Effective Systems/Public Policy Advocacy
- Impacting Public Policy through Community
- Organizing and Media Strategy
- Black Women's Health: Mind, Body & Soul
- Strategy Building and Implementation
- Individual and Self Advocacy

For registration information, please call Sharon Chandler @ 916-230-1631.



**CA Black Women's
Health Project**

Contact

Sharon Chandler - 916-230-1631

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or

Toni Colley - 916-519-9189

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"Changing Our Health for
Future Generations"

- AAWHL-

