Regular Programs & Workshops Have Been Cancelled
All workshops and regular programs have been cancelled due to COVID-19 concerns. Please continue to check back in with us as we constantly monitoring the situation.

Virtual Community Events

**Turn It Around Shasta: Stop Diabetes Before It Starts**

| August 26th | 5:30pm-7:30pm | To register call 530-229-8498 or go to www.sfymca.org/dpp |

If you struggle with your weight, have family history of diabetes, or have high blood sugar, this event is for you! It's never too late to turn your health around. This event is sponsored by Shasta County Health & Human Services Agency.

Coming Soon

New nutrition education videos coming soon! Stay connected with us on SCHC social media platforms to learn when these videos will be available.

**Facebook**: www.facebook.com/shastachc  **Instagram**: @shastahealth  **YouTube**: Shasta Health

Patient Education Team Office Hours

**Appointments Available**: Monday - Friday
8:00 a.m. to 4:00 p.m. (Closed for lunch daily)
Redding Center
1035 Placer St. Redding, CA 96001
Central Check-in Lobby

For more information call: (530) 229-5115