Tuolumne Me-Wuk Indian Health Center

# NOVEMBER 2024 NEWSLETTER

## WHAT'S HAPPENING IN NOVEMBER

- **11/08 to 11/11 Field of Honor, Standard Park**
- **11/11 - Veteran's Remembrance, Heritage Park, Black Oak Casino, 11am**
- **11/14 - De-Stress Fest, Motherlode Fairgrounds, 4pm-7pm**
- **11/16 - Tuolumne County Chamber of Commerce Awards Gala, Resiliency Center, Tuolumne 5pm-8pm**
- **11/29 - Sonora Christmas Artisan Fair, Motherlode Fairgrounds, 9am-5pm**
- **11/29 - Sonora Christmas Parade, Downtown Sonora, 6pm**

## National Diabetes Awareness Month

November is National Diabetes Awareness Month, a time to highlight the importance of diabetes prevention, education, and support. Diabetes is a chronic disease that affects how the body manages blood sugar levels, leading to serious complications if left unmanaged. However, with the right lifestyle choices, diabetes can often be prevented or managed effectively.

**Simple Steps to Reduce Your Risk**

- **Eat a Balanced Diet**

Choose whole foods, like fruits, vegetables, lean proteins, and whole grains, to help keep blood sugar stable. Reducing intake of sugary drinks and processed foods is also key.

- **Stay Active**

Regular exercise, such as walking, biking, or even dancing, helps control weight and improve blood sugar levels. Aim for at least 150 minutes of moderate activity weekly.

- **Monitor Blood Sugar**

Regular blood sugar checks allow for better control and understanding of how lifestyle choices impact glucose levels.

Care. FOR ALL

- **Avoid Smoking and Limit Alcohol**

Smoking raises the risk of diabetes and related complications, while alcohol can spike blood sugar. Reducing or quitting these habits can improve overall health.

- **Get Regular Check-Ups**

Routine health screenings can help detect diabetes early and provide guidance on effective management. Working with healthcare providers ensures a personalized approach to prevention and care.

**Support is Here**

Managing or preventing diabetes is a commitment, but it's easier with support. This November, take steps to improve your health and work together with your healthcare providers to reduce the impact of diabetes for a healthier future.

## Don't Miss Out!!!

# DE-STRESS FEST

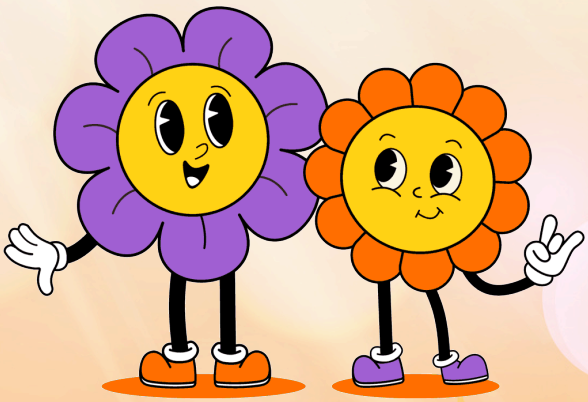
## PART 1

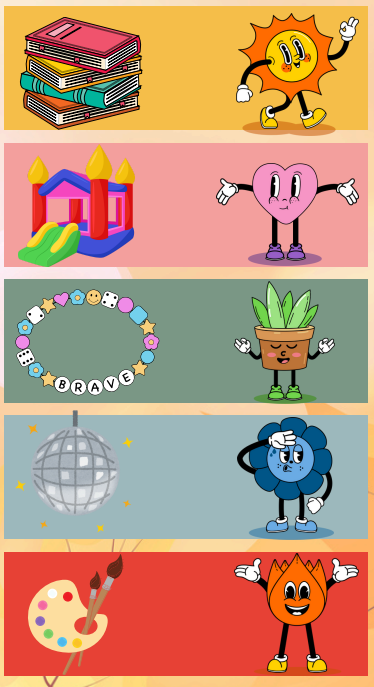
**November 14th, 2024 4:00 - 7:00PM**
**Motherlode Fair Grounds**

**Tuolumne Me-Wuk Indian Health Center is hosting a De-Stress Fest, Part 1, for the youth and community.**

**All ages are welcome!**
**Bring your trusted Adults.**

**Therapy Dogs**
**Silent Disco**
**Bracelet Making**
**Book Fair**
**Mural Painting**
**& More!**






**Never a Bother**