



Diabetes Exercise Class

Beginner and intermediate exercise classes
to improve muscular endurance, strength, balance, and flexibility!

Located in LCTHC Patient Education Room

- Intermediate -

Strength & Stability Classes
Tuesdays & Thursdays
9:30am – 10:30am

- Beginner -

Chair Exercise Classes
Tuesdays & Thursdays
10:30am – 11:15am

Appropriate exercise attire and closed toe shoes are mandatory.
Space is limited. Diabetic patients receive priority. Must be a registered LCTHC patient.

For more information call the Instructor, Cerra Hinchcliff at (707) 263-8382 ext.1620



Lake County Tribal Health

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