



July 2016

HHKMH/Sacaton

**Building #5, next door
to the eye clinic**

WEDNESDAYS

July 6

July 13

July 20

July 27

9:00-11:30 AM

To register call:

**LIFE CENTER
(520) 562-7940**



**DIABETES BASIC TRAINING
SERIES**

CLASS 1:

**MANAGE BLOOD SUGAR
MANAGE STRESS
MEDICATIONS**

CLASS 2:

**CHOOSE HEALTHY FOODS
PLAN MEALS**

CLASS 3:

**SAFE EXERCISE
HEART HEALTHY EATING**

CLASS 4:

**MANAGE/PREVENT
COMPLICATIONS
PLAN FOR PREGNANCY**

Providers:

Refer to Diabetes Education - DSMT