

Take Charge of Your Health!

Participate in person (with reservation)

Diabetes Basics

FEBRUARY

Thursday
Classes

1

THUR

Session 1

9:00 am - 11:00 am

8

THUR

Session 2

9:00 am - 11:00 am

15

THUR

Session 3

9:00 am - 11:00 am

22

THUR

Session 4

9:00 am - 11:00 am

- Group Learning
- Interactive Collaboration
- Problem-Solving
- Support Network
- New Recipes
- Take Charge
- Ready-Set-Go
- Positive Outcomes
- Create Your Plate
- Identify Patterns
- Promotional Items



SCAN TO VISIT
OUR PAGE



LIFE CENTER
DIABETES, ENDOCRINOLOGY & WELLNESS

Location: Life Center at Hu Hu Kam Memorial Hospital, Building 11
Please call to schedule pre-class individual assessment (520) 562-7940

(Providers, please mention "Diabetes Basics Class" in your Diabetes Education referral.)