

Take Charge of Your Health!

Participate in person (with reservation)

Diabetes Basics

MARCH Tuesday Classes

5

TUES

Session 1

2:00 pm - 4:00 pm

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

12

TUES

Session 2

2:00 pm - 4:00 pm

19

TUES

Session 3

2:00 pm - 4:00 pm

26

TUES

Session 4

2:00 pm - 4:00 pm

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.)