

# Take Charge of Your Health!

Participate in person (with reservation)

## Diabetes Basics

### APRIL

**2**  
TUES

*Session 1*  
10:00 am - Noon

**9**  
TUES

*Session 2*  
10:00 am - Noon

**16**  
TUES

*Session 3*  
10:00 am - Noon

**23**  
TUES

*Session 4*  
10:00 am - Noon

### Tuesday Classes

- 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.)