

Diabetes 101 Classes

for people with diabetes and family members.

What: 4 Diabetes Education Classes

**Where: Warm Springs Health & Wellness Clinic
In the Kitchen Conference Room**

**When: Thursdays in February
at 12 pm Noon**



- Class 1—February 6: What is Diabetes?
Blood Sugar Monitoring**
- Class 2—February 13: What does Diabetes effect?
Keys to control**
- Class 3—February 20: Nutrition and Healthy Eating.**
- Class 4—February 27: Diabetes Medicine Today.
Standards of Care to Stay Healthy.**

PLEASE REGISTER

LIGHT LUNCH PROVIDED

***All Welcome—Registering will help us provide
food and supplies***

This class held in collaboration with
the Community Health Nutrition Department and the Diabetes Program

REGISTRATION

[CALL the Diabetes Program 541-553-2478

OR DROP OFF this form at Community Health at the Clinic)

NAME _____

PHONE (to remind you) _____

