

# 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 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

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## REGISTRATION

[CALL the Diabetes Program 541-553-2478

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

NAME \_\_\_\_\_

PHONE (to remind you) \_\_\_\_\_

