

# FREE DIABETES EDUCATION

Reservations  
Are Required!  
Reserve Your Seat Today

(951)  
660-5547

Free Diabetes  
Education  
Online

[www.hmde.org](http://www.hmde.org)

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## *Diabetes Support Group*

*Presented By:*

*Kaishawn McDuffie, Certified Diabetes Educator*

*Come Learn About:*

- Meal planning, meter training & more*
- Medications, blood sugar numbers & more*
- Adjusting and living with diabetes*

### *2010 Schedule*

<i>February 17</i>	<i>June 16</i>	<i>October 20</i>
<i>March 17</i>	<i>July 21</i>	<i>November 17</i>
<i>April 21</i>	<i>August 18</i>	<i>December 15</i>
<i>May 19</i>	<i>September 15</i>	

*(6:30pm-7:30pm)*

*All classes are held at:*

*Dr. LoBue Office in Murrieta  
40700 California Oak Rd. #106,  
(Behind KFC Restaurant)*

  
*Healthy Management*

**Diabetes Education**

*Improving your quality of life with Diabetes Education*