

# FREE DIABETES EDUCATION



Reservations  
Are Required!  
Reserve Your Seat Today

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Espacio limitado,  
Reservación  
requerida

## DIABETES PROGRAM

*Presented By:*

*Mrs. Kaishawn, Certified Diabetes Educator*

*Class 1- Learn about meal planning, meter training & more*

*Class 2- Learn about medications, blood sugar numbers & more*

*Class 3- Learn how to problem solve ~ Adjusting and living with diabetes*

*Classes do not have to be taken in sequence!*

*~ Morning Snacks included ~*

### 2010 Schedule

|                  | <u>Class 1</u> | <u>Class 2</u> | <u>Class 3</u> | <u>Time</u>    |
|------------------|----------------|----------------|----------------|----------------|
| <b>Session 1</b> | April 24*      | May 22*        | June 26        | 9:30am-12:30pm |
| <b>Session 2</b> | July 24        | Aug. 28        | Sept. 25       | 9:30am-12:30pm |
| <b>Session 3</b> | Oct. 23        | Nov. 20        | Dec. 18        | 9:30am-12:30pm |

*Class Location CR4:*

*Hemet Valley Medical Center  
1117 E. Devonshire Ave  
Hemet, CA 92543*

*Sponsored by:*

*Hemet Valley Medical Center  
Ramona VNA & Hospice*

*\* Classroom location—CR5*