

Do you have **diabetes**?

Live with someone with **diabetes**?

Want to prevent **diabetes**?

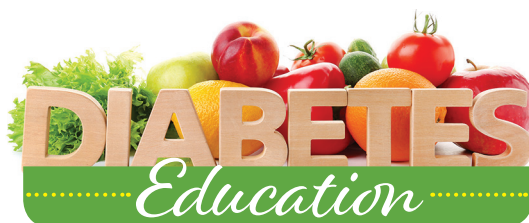
Join us!

FREE Spanish diabetes education meet-ups.

**First Thursday of the Month
1:30 to 3 p.m. OR 6 to 7:30 p.m.**

Choose the class that fits your schedule

Woodland Community and Senior Center
2001 East Street, Woodland



FEBRUARY

Diabetes & Nutrition – You can do it!

Let's talk about what diabetes is, prevention tips, and how to keep eating good but with a plan

MARCH

Management

Self-management, glucometer, rule of 15

APRIL

Exercise

Get your body and your blood sugar and cholesterol levels moving too

MAY

Fats

Good fats, saturated fats, trans fats, get the skinny on fats

JUNE

Healthy Meals

Tips and tricks on how to prepare low fat and low carb meals



- *Healthy food and giveaways at each class*
- *Space is limited, call 530.669.5531 to sign-up*
- **CLASS IS IN SPANISH**

Presented by



Dignity Health.