

DIABETES EDUCATION CLASSES

Led by a Certified Diabetes Nurse Educator

**1ST & 3RD
TUESDAYS
OF EVERY MONTH**

2:30 – 4:00 p.m.

(3rd Tuesday class is in Spanish)

These free classes are designed for newly diagnosed individuals, their families and caregivers, and anyone seeking greater understanding and support.

Casa Colina Hospital and Centers for Healthcare
LOVERSO EDUCATION CENTER, BUILDING 1E
255 East Bonita Avenue (at Garey), Pomona

Attend in person or join virtually via Zoom

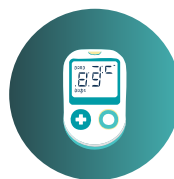
Meeting ID: 909 596 7733 Passcode: 2026

- Refreshments provided
- Free diabetes care kits (while supplies last)
- Free HbA1C testing for all who attend



UNDERSTAND DIABETES BASICS

Learn how diabetes affects your body, the different types of diabetes, and common symptoms.



MASTER BLOOD SUGAR MANAGEMENT

Discover pain free ways of checking your blood sugar levels, understanding the results, and how to handle the highs and lows.



DEVELOP HEALTHY LIFESTYLE HABITS

Learn an easy-to-follow healthy eating strategy, the benefits of physical activity, and stress management techniques.



PREVENT COMPLICATIONS & LIVE WELL

Learn about preventing long-term complications and accessing resources for ongoing support and a better quality of life.

For more information

Call (909) 596-7733, ext. 4130

Email Erianthe Ortega at eortega@casacolina.org

