

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, CA 91767



UNDERSTAND DIABETES BASICS

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



DEVELOP HEALTHY LIFESTYLE HABITS

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



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.



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



Attendees can get their A1C taken during the class.