

FREE COMMUNITY SEMINAR

Diabetes and Medications: What you need to know

TUESDAY **JUNE 23** 2:00-3:30 P.M.
2026

Topics of discussion will include:

- Understanding the medications you are taking and how they work
- The role of vitamins, herbal supplements, and dietary supplements
- Identifying common barriers and roadblocks
- Establishing a schedule and routine for optimal results
- Finding practical solutions to support positive change



PRESENTED BY:

Melanie Barbee

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255 East Bonita Avenue, Pomona (Loverso Education Center Building 1E)

HOW TO REGISTER?



Online at casacolina.org/communityevents



Call 866/724-4132



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www.casacolina.org

