

Free Community Seminars

Blood Sugar Monitoring and Diabetes: What You Need to Know

Tuesday, June 24, 2025 from 2:00 to 3:30 p.m.

Casa Colina Hospital and Centers for Healthcare, Loverso Education Center, Building 1E
255 East Bonita Avenue, Pomona, CA 91767

Join us to learn about:

- Get to know the different monitoring tools available to check your blood sugar- so you can choose what fits your lifestyle best
- Use your glucose readings to uncover the 'why' behind highs and lows
- Use your glucose readings to help guide your meals, movement, and more
- Tips and tricks for successful monitoring
- Question and answer session

Cooking for a Healthier You

Tuesday, July 29, 2025 from 2:00 to 3:30 p.m.

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255 East Bonita Avenue, Pomona, CA 91767

Join us for a cooking demo and discussion:

- Crafting and sampling healthier meals and quick and easy snacks
- Selecting nutritious food within your budget
- Saving time by preparing meals in advance
- Making sense of food labels and ingredients on packaging
- Tips for wholesome cooking
- Question and answer session



PRESENTED BY

Melanie Barbee, MS, RDN, CDCES, DipACLM

Registered Dietitian with WesternU
and Certified Diabetes Care &
Education Specialist

Three easy ways to register!

- Call 866/724-4132
- Online at casacolina.org/communityevents
- Scan the QR code

Refreshments will
be served and
space is limited.



www.casacolina.org •