



# Living with Diabetes

## Diabetes Education

**Come and join us to gain a better understanding on how to live with diabetes.**

**We'll help you with:** meal planning, carbohydrate counting, insulin and oral prescriptions, the prevention of complications, foot care and more resources.

### **Chino Valley Medical Center**

5451 Walnut Ave. Chino, Ca 91710

Dates: 4th Wednesday of every month

Time: 6-8pm

**RSVP:** Jose Lopez (909) 464-8780

# FREE!

**Classes are held the 4th Wednesday of the month**

January 24, 2018

February 28, 2018

March 28, 2018

April 25, 2018

May 23, 2018

June 27, 2018

July 25, 2018

August 22, 2018

September 26, 2018

October 24, 2018

November **(No Class)**

December **(No Class)**



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