

Information & Education is the key to successfully

Living with Diabetes



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.

FREE classes are held the 4th Wednesday of every month

6:00 p.m. – 8:00 p.m.

Chino Valley Medical Center
5451 Walnut Ave.
Chino, CA 91710

2021 Classes:

- | | | |
|--------|--------|-------------------------------------|
| • 1/27 | • 5/26 | • 9/22 |
| • 2/24 | • 6/23 | • 10/27 |
| • 3/24 | • 7/28 | |
| • 4/28 | • 8/25 | No Class in November
or December |

RSVP: Jose Lopez (909) 464-8780



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Medical Center**

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909.464.8600

Learn more about diabetes at
www.cvmc.com

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