

Free Diabetes Classes!

Brought to you by the Alameda County Public Health
Department Diabetes Program

This series of classes is for *people of all ages who have Type 2 Diabetes or Pre Diabetes*. Class meets one day a week for seven weeks, two hours/day.

You will learn:

- how to manage your diabetes,
- how to take your medication,
- how and why to monitor your blood sugar, manage stress, be active and
- how to enjoy the foods you love while controlling your diabetes.



Thursdays February 23 through April 5, 9:30-11:30 am
Pleasanton Senior Center
5353 Sunol Boulevard, Pleasanton

Please call the Diabetes Program to register 510-383-5185.



County of Alameda Public Health Department
Diabetes Program