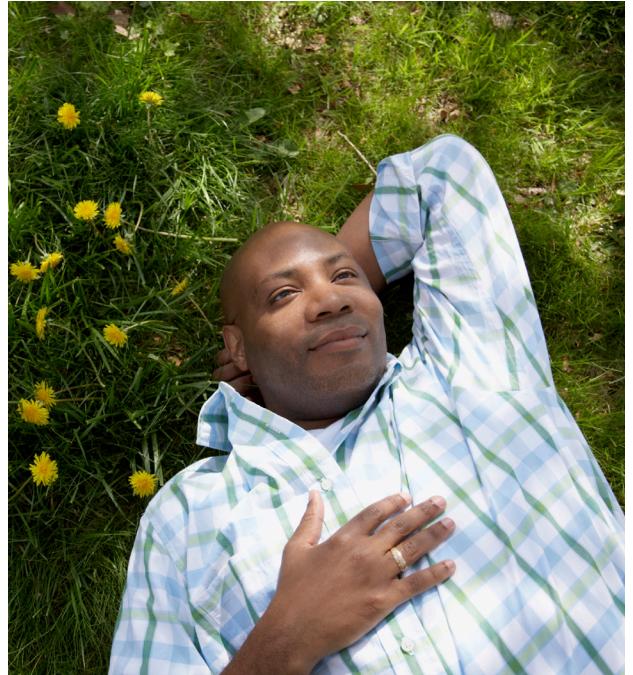


Diabetes Community Class



This class is designed to help educate those with diabetes on how to comfortably manage and live with their disease.

2019 Dates: 1st and 3rd Tuesday of each month

January 15

February 5 & 19

March 5 & 19

April 2 & 16

May 7 & 21

June 4 & 18

July 2 & 16

August 6 & 20

September 10 & 24

October 1 & 15

November 5

December 3 & 17

Location:

Mercy Outpatient Center

1st Floor, Community Health

2740 M Street

Merced, CA 95340

Time:

1:30 p.m.

Other free Diabetes Programs offered:

- Diabetes Prevention Program (Help reduce your risk for Diabetes by 50%)
- Diabetes Self Management Program (Workshops designed specifically for you)

There is no cost to attend this class, however registration is required. To register email Lillian.Sanchez@dignityhealth.org or call Mercy Health Education at 209.564.4384.