



## Diabetes Awareness Health Talk

Knowledge That Empowers. Prevention That Saves Lives.

**Wednesday, November 5 || 10:00 a.m. - 12:00 p.m.**

1055 Linden Ave. | Long Beach, CA 90813

John Parr Health Enhancement Center - Parr Room (2<sup>nd</sup> Floor)

### Did you know?

According to the Centers for Disease Control and Prevention (CDC), 37 million U.S. adults live with diabetes, and 1 in 5 do not know it. Diabetes is a chronic condition caused by high blood sugar. Left untreated, it can harm the eyes, kidneys, nerves, and heart.

November is Diabetes Awareness Month. Dignity Health - St. Mary Medical Center invites you to learn from healthcare professionals, connect with resources, and hear practical strategies for living healthier. Learn ways to reduce your risk, identify common signs and symptoms, and the importance of routine health checks.

Space is limited. Registration required. Validated parking provided. **RSVP by Friday, November 1 at [562.491.9187](tel:562.491.9187) or [Gia.Lipow@Commonspirit.org](mailto:Gia.Lipow@Commonspirit.org).**

*St. Mary Medical Center reserves the right to cancel and change dates for classes and services.*



**Dignity Health.**

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