



MERCY MEDICAL CENTER

# Diabetes Class

## What will I learn in the Diabetes Class?

Call our Community Health Class topics include: Your Diabetes Guide, Living Well With Diabetes, Diabetes...What Now?, and Diabetes...Did You Know? All Diabetes classes are free and open to the public.

## What other Diabetes education is offered through Mercy's Community Health?

### Diabetes Self Management Program (DSMP)

Call our Community Health Education Center for a schedule of workshops at 209.564.4310.

### Diabetes Self Management Program Stanford Plus

Call our Community Health Education Center to schedule an appointment at 209.564.4310.

### Diabetes Support Group

The first Tuesday of every month from 1:30 p.m. - 3:00 p.m.

## Who do I contact for more information on the Diabetes education offered through Mercy Medical Center?

Call or email our Community Health Education Center at Lillian.Sanchez@dignityhealth.org or 209.564.4310.

*These programs are designed to help educate those with diabetes on how to comfortably manage and live with their disease.*

## Classes are held at:

Mercy Outpatient Center  
Community Health, 3rd Floor  
2740 M Street  
Merced, CA 95340

## 2017 Class Dates and Time:

January 17	1:30 p.m.
February 21	1:30 p.m.
March 21	1:30 p.m.
April 18	1:30 p.m.
May 16	1:30 p.m.
June 20	1:30 p.m.
July 18	1:30 p.m.
August 15	1:30 p.m.
September 19	1:30 p.m.
October 17	1:30 p.m.
November 14	1:30 p.m.
December 19	1:30 p.m.

## To Register:

Call or email our Community Health Department at 209.564.4310 or Lillian.sanchez@dignityhealth.org.

## 2017 Support Group Dates and Time:

January 3	1:30 p.m.
February 7	1:30 p.m.
March 7	1:30 p.m.
April 4	1:30 p.m.
May 2	1:30 p.m.
June 6	1:30 p.m.
No July meeting	
August 1	1:30 p.m.
September 5	1:30 p.m.
October 3	1:30 p.m.
November 7	1:30 p.m.
December 5	1:30 p.m.