

# Diabetes Group Education Classes

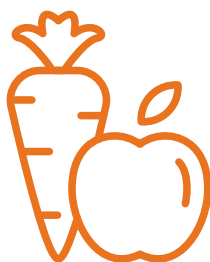
This program is designed to help manage your diabetes and understand the many different factors that can affect your diabetes. Classes will be taught by healthcare professionals that specialize in the care of diabetes.

**When:** 2nd & 4th Thursday of each month, 3:30 – 5 p.m.

**Where:** Woodland Clinic, 632 West Gibson Road, Woodland

Topics will rotate every month. You can come to any or all classes you are interested in. Topics include:

- Introduction to diabetes/diabetes basics
- Healthy coping
- Healthy eating
- Being active
- Medications
- Monitoring your diabetes
- Reducing risks from diabetes
- Problem solving



## How to Register for Diabetes Group Education Classes:

1. Have your provider put in a referral to Endocrinology for diabetes classes
2. Contact us so we can schedule you: **(530) 668-2600**

*Please note: You must be signed up prior to class, we DO NOT accept walk-ins.*



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