



Come learn how to manage your diabetes
with help from Scripps Whittier Diabetes
Institute

Scripps Whittier Diabetes Institute classes
will help you:

- Understand and manage your diabetes.
- Learn how to prevent and treat high and low blood sugars.
- Choose meals and physical activities that are appropriate for you.
- Understand how medications work.
- Share your experience and learn from others.
- Opportunity to know about Programs like Project Dulce, Clinical Trials, etc.

Classes held at:
Chula Vista Well Being Center
237 Church Ave. Chula Vista CA 91910

Mondays from 5:30 to 7:30 p.m.

May 7, 14, 21

June 4, 11, 18, 25

July 2

To enroll in classes please contact Anna Garay at:

Toll Free 1 (866) 791- 8154