



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

## Scripps Whittier Diabetes Institute

**Invite you to join our diabetes support group**

**When: Every 2nd Thursday of the month**

Time: 5:00 – 6:00 P.M.

January 12, February 9, March 8, April 12,  
May 10, June 7, July 12, August 9, Sept. 6,  
October 11, November 8, and December 6.

**Where:** 237 Church Ave. Chula Vista CA 91910

For more information please contact Anna Garay

Toll Free: 1 866 791- 8154

**To enroll in classes please contact Anna Garay at:**

**Toll free - 1-866-791-8154**