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.
November 5, 12, 19, 26
December 3, 10, and 17

To enroll in classes please contact
Norma Mendoza at:
(619) 862-6622