

DIABETES EMPOWERMENT EDUCATION PROGRAM

**WE CAN HELP YOU
TAKE CONTROL OF
YOUR DIABETES!**

Do you or someone you love have diabetes? Our program encourages small lifestyle changes while learning about your diabetes and the way it affects your health. Have fun with friends and family while learning how to manage diabetes through better nutrition and physical activity. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

TOPICS INCLUDE:

- What is diabetes & what you need to know
- What can you eat?
- Move-It! Get your Cha-Cha on!
- Diabetes medication, herbs & more
- Keep your diabetes in check
- Eyes, teeth, toes & feet

PROGRAM DETAILS

Instructors:

Yesenia Mendoza

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For more information call (530) 822-7215

