

Alameda County Public Health Department presents:

Diabetes Self-Management Classes

- Gain a better understanding of diabetes and how it is diagnosed.
- Learn how to eat foods you enjoy while managing your diabetes.
- Learn how your medications work.
- Learn the 7 self-care behaviors: healthy eating, physical activity, monitoring blood glucose, taking prescribed medications, solving problems in unusual situations, reducing the risk of complications, coping with stress and emotional issues.

Kenneth C. Aitken Senior & Community Center

1 pm – 3 pm

Monday's June 25th through August 13th, 2018

Eight week series, one class each week, each class 2 hours

Please plan to attend all seven classes.

Open to:

- Alameda County residents
- 18 years of age or older
- Diagnosed with pre-diabetes or type 2 diabetes.

Location: 17800 Redwood Rd., Castro Valley

**For questions: please call the
Alameda County Diabetes Program: 510-383-5185.**



County of Alameda Public Health Department
Diabetes Program