

SUCCESS WITH DIABETES



In this **FREE** interactive 6-session program you will learn how to live a healthier life with diabetes!

Join us at The Joseph Nelson Community Center!

611 Village Drive Suisun City, CA 94585

**Wednesday Sessions 10-12noon
Starting March 5th, 2025**



Click the link to find the
registration form:
<https://linktr.ee/diabetestuca>

Or scan the QR code
with your phone!

Develop skills to take care of yourself and your Diabetes:

- ✓ Improve your quality of life and prevent complications from diabetes.
- ✓ Understand and make sense of your lab values.
- ✓ Learn about your medications and medication management.
- ✓ Learn a variety of exercises for all skill and age levels.
- ✓ Improve your eating habits.

Please contact us if you have any questions:

Phone: 707-638-5970 or

Email: tuc.mobec@touro.edu

Classes held throughout
Solano County

Brought to you by:

