

Please join us for Free

Diabetes Support and Prevention Classes

Contact Information:

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to: DDB3@redlandshospital.org

All classes are free
to the public!

When

5:00 - 6:00 PM

Where

Redlands Community Hospital
350 Terracina Blvd

Weisser Education Pavilion

Conference Room D



Upcoming RCH Classes for Diabetes Self-Management

- **Tuesday February 13th** - The class will cover Healthy Eating
- **Tuesday April 16th** - The class will cover Being Active
- **Tuesday June 18th** - The class will cover Monitoring Blood Sugars
- **Tuesday August 27th** - The class will cover Taking Medication
- **Thursday October 24th** - The class will cover Healthy Coping

www.redlandshospital.org