

# Diabetes management

(2 sessions)



**No-cost virtual program.** Join us for these two sessions to learn how to manage pre-diabetes and diabetes. Find out what kinds of changes you can make in your life to lower your risk of diabetes complications. Learn how to plan meals, choose healthy foods, stay active, deal with stress, check blood sugar levels, and go over the medicines and insulins used to treat diabetes. Registration required.

**To register, call:**

**(562) 613-5118**, 8:30 a.m. – 5 p.m., Monday -  
Friday

**For more information, call Customer Service:**

**(800) 452-4413 (TTY: 711)**, 8 a.m. - 8 p.m.,  
seven days a week

**Join us:**