

Diabetes

Basics to a Healthy Life

education
prevention
management

Free 8-class ongoing series
Every Wednesday • 10 AM

EXCEPT for the month of September

St. Joseph's Medical Center
Cleveland Classroom

2102 North California Street
Stockton, CA 95204

Topics

Diabetes Overview & Blood Sugar Monitoring

Diabetes Nutrition & Exercise

Heart Health

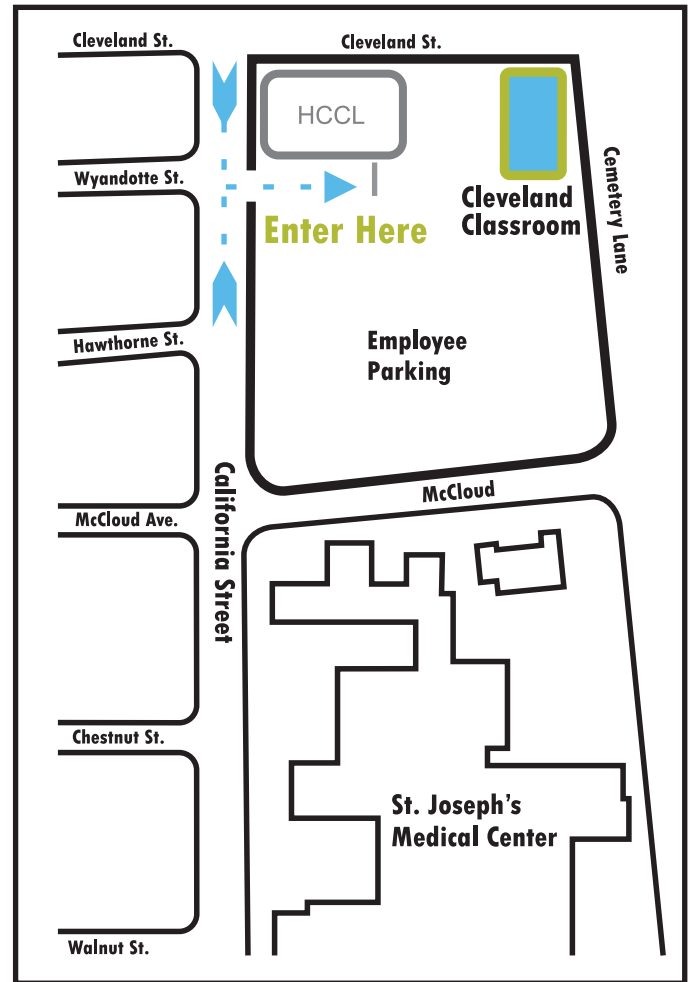
Diabetes Medications

Know your Blood Sugar Numbers

Basic Carbohydrate Counting

Your Diabetes Success Care Plan

Putting the pieces together - Life's Sweet Journey



All invited, registration not required. Series may be started with any class. For more information please contact us at **(209) 944-8355** or visit us at www.StJosephsCares.org/Diabetes.



Dignity Health[™]

St. Joseph's Medical Center