

Diabetes 101

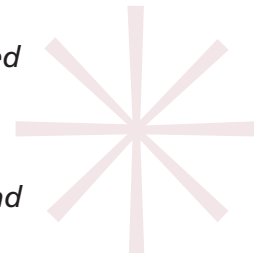
**Every 2nd Tuesday
of the month,
6:00 - 7:30 pm**



Diabetes management is not a simple task. When you are informed about the best steps to take, you can manage it more successfully. Attending this **free** educational class will help you gain a better understanding of living well with diabetes. This class is for those with both Type 1 and Type 2 diabetes, and is hosted by a clinical diabetes specialist from Pomona Valley Hospital Medical Center's Diabetes Team.

Come and learn about:

- *Diabetes in general*
- *What glucose levels mean*
- *How episodes of high and low sugar are treated*
- *How to check sugars*
- *Medications and their side effects*
- *Preventing complications*
- *Lifestyle modifications like diet and exercise and how they can (positively) affect your health*



Family and friends are welcome! Light refreshments will be served.

**Held in the Community Room of
The Robert and Beverly Lewis Family Cancer Care Center
1910 Royalty Drive, Pomona, CA 91767**

*For more information, or to RSVP, please call our
Family Education and Resource Center at 909.865.9858.*



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