

Alameda Hospital and Family Bridges Presents:

New Session
Beginning January 14

Diabetes and You

A Group Self Management & Medical Nutrition Therapy Program



This comprehensive diabetes education series will cover the following topics:

- What is Diabetes?
- Monitoring Your Blood Sugar
- Developing Your Picture Perfect Meal Plan
- Eating Out and Making Good Food Choices
- Understanding Your Diabetes Medication
- Best Exercises to Control Blood Sugar
- Chronic Complications, Coping with Diabetes, and Stress Management

Seven weekly sessions

Thursdays, January 14—February 25, 2010

6:00 p.m.—8:00 p.m.

Alameda Hospital
Dal Cielo Conference Room, 2nd floor
2070 Clinton Avenue
Alameda, CA 94501

For more information, or to register, please call (510) 419-0888.
decinfo@familybridges.org
www.fambridges.org/diabetes.html
www.alamedahospital.org

Most insurances accepted including Medicare, Affinity Medical Group, Alameda Alliance for Health, Alta Bates Medical Group as well as all PPO plans.

Physician referral required to enroll and attend.

Dedicated to enhancing the quality of life of those living with diabetes by empowering them through health education to take charge of their lives.



Family Bridges, Inc.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.