



DIABETES

HEALTHY LIVING WITH TYPE 2 DIABETES

WEDNESDAYS 1:00 – 3:00 PM

FEBRUARY 6, 13 AND 20, 2019

LOCATION: FALLBROOK WELLNESS CENTER
1636 E. MISSION ROAD, FALLBROOK

TOPICS INCLUDE HEALTHY EATING, BEING ACTIVE, BLOOD SUGAR CONTROL, MEDICATIONS, PROBLEM SOLVING, REDUCING RISKS AND HEALTHY COPING.



FALLBROOK SMILES PROJECT

FREE CLASSES PROVIDED BY FALLBROOK SMILES PROJECT
AND LED BY CERTIFIED DIABETES EDUCATORS
CHRISTINE MAJOCHA, RD, CDE AND JANINE LOESCHER, RD, CDE

SPACE IS LIMITED – RESERVATION DEADLINE FEBRUARY 4.
EMAIL JANINE AT fallbrooksmiles@gmail.com OR CALL 619-261-0871

This program was made possible by/in part by the Fallbrook Regional Health District.

Fallbrook Regional
HEALTH  DISTRICT