



Diabetes Self-Care Program

2010 Dates

Jun 2, 16, 30

Sep 8, 22, Oct 6

July 14, 28, Aug 11

Oct 6, 20, Nov 3

Learning more about diabetes is the first step toward living successfully with diabetes. Join our health team to gain the self-care skills you need to control your diabetes. Topics include the basics of diabetes, healthy meal plans, carbohydrate counting, exercise, medications, glucose testing, preventing complications and coping with chronic illness. Each program has three classes and is presented by a Diabetes Nurse Specialist and a Registered Dietitian. No fee.

Instructors: Gail Rutherford, RN, CNS, CDE
Leticia Mendoza, RN, MSN, CNS
Heather Schwartz, RD, MSN

To register, call (650) 723-6028, select option 5