

# 2018 Diabetes Education Classes

## Diabetes Self-Management Class

This two-session class includes an assessment of individual education needs. The classes are free and parking validation will be provided.

**Tuesday, Jan. 23 & Tuesday, Jan. 30 | 4 - 7 p.m.**

**Tuesday, April 24 & Tuesday, May 1 | 4 - 7 p.m.**

Learn about:

- Diabetes medication management
- Blood glucose monitoring
- Nutritious meal planning
- Fitness motivation
- Management of stress and chronic complications
- Skills for a healthier life



Sessions will be held in Conference Room A2, located in the MemorialCare Miller Children's & Women's Hospital Long Beach Pavilion. Call **562.933.5043** to RSVP.

---

## Diabetes & You: Ask the Expert

This quarterly class includes a presentation on various diabetes-related topics, along with networking and support from people living with diabetes.

**Wednesday, Feb. 21 | 6 - 7:30 p.m.**

**Tuesday, May 29 | 6 - 7:30 p.m.**

**Wednesday, Oct. 10 | 6 - 7:30 p.m.**

**Wednesday, Nov. 14 | 6 - 7:30 p.m.**

Sessions will be held in Conference Room A2, located in the MemorialCare Miller Children's & Women's Hospital Long Beach Pavilion. Light refreshments will be provided. Call **562.933.5043** to RSVP. Walk-ins welcome.

# Classes (continued)

## Diabetes Support Group

Join the Diabetes Program for a support group for adults with Type 1 and Type 2 diabetes, as well as individuals using insulin pumps.

**Second Monday of Each Month | 6 - 7:30 p.m.**

The support group is free, and significant others are welcome to attend. Sessions will be held in the 5<sup>th</sup> Floor Classroom, located at MemorialCare Long Beach Medical Center. Call **562.933.5043** for more information.

---

## ¿Tiene Usted Pre-Diabetes?

Clase dirigida por educadores certificados en la diabetes y fisioterapeuta.

**Miércoles, Enero 24 | 6 - 7:30 p.m.**

Acompáñenos para aprender mas sobre:

- Alimentación saludable y la prevención de la diabetes
- Actividad física y su relación con la diabetes
- La obesidad y su relación con la resistencia a la insulina

Sala de conferencias A2 en MemorialCare Miller Children's & Women's Hospital Long Beach.  
Llame **562.933.5043**.

---

## Location

Long Beach Medical Center and Miller Children's & Women's are located at **2801 Atlantic Ave., Long Beach, CA 90806**.