

USC Verdugo Hills Hospital presents:

Diabetes Self-Management

A 6-Week Workshop



Do you or someone you love have diabetes or pre-diabetes?

Our **Diabetes Management Series**, taught by one of our Registered Dietitians, encourages lifestyle changes while learning about your diabetes and the way it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today.

This **FREE**, 6-week program has been specifically designed for individuals with pre-diabetes or diabetes.

MEETING DATES

September 12, 19 & 26 and October 3, 10 & 17 from 4-6 pm

TOPICS TO INCLUDE:

- Understanding the Human Body: Identification & Prevention of Diabetes Complications
- Diabetes & its Risk Factors
- Monitoring Your Body
- Get Up & Move! Physical Activity & Diabetes
- Health Management through Meal Planning
- Medication & Medical Care
- Living with Diabetes: Mobilizing Friends & Family

LOCATION

USC Verdugo Hills Hospital
1812 Verdugo Blvd.
Glendale, CA 91208

Council Rooms C/D
FREE Parking

REGISTRATION

Call (818) 952-4757 or
visit uscvh.org/diabetes-self-management

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