

USC Verdugo Hills Hospital presents:

Diabetes Self-Management

A 6-Week Workshop



Do you or someone you love have diabetes?

Our **Diabetes Management Series** 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** program has been specifically designed for those with pre-diabetes or diabetes.

MEETING DATES

September 18, 25 and October 2, 9, 16 & 23
from 4-6pm

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

All meetings will be virtual via Zoom.

Participants will receive a Zoom link and password to attend after registration. A device connectivity session will be held prior to the start of the workshop series.

REGISTRATION

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

USC Verdugo Hills Hospital

Keck Medicine of **USC**

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