

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.

### CLASS TOPICS

- October 14** Diabetes Self-management, DM 101
- October 21** The Human Body & Diabetes Complications
- October 28** Nutrition and Diabetes Management
- November 4** Medication Management and Self Care
- November 18** Physical Activity and Diabetes Management
- November 25** Success with Diabetes, group work, sharing meal ideas

**All classes are held 4-5:30 pm**

### LOCATION

USC Verdugo Hills Hospital  
1812 Verdugo Blvd.  
Glendale, CA 91208  
4th Floor ACR Room

FREE Parking

### REGISTRATION

Call (818) 952-3506 or  
<https://uscvh.org/classes-and-events/diabetes-self-management-april-4.html>



# USC Verdugo Hills Hospital

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