

*Free and Open to Everyone!*



**Sutter Delta  
Medical Center**

*With You. For Life.*



Friends and family members are welcome!

Being in charge of your

# **Diabetes** *is a* **BEGINNING!**

*Sutter Delta Medical Center's*  
**Diabetes Education Class** will help you understand  
and control your diabetes throughout your life.

**TUESDAYS 1:00 – 3:00 PM**

This four-session class will cover:

- \* Understanding Your Diabetes
- \* Taking Care of Yourself
- \* Managing Your Medications
- \* Healthful Living
- \* Avoiding Complications



Sutter Delta Medical Center 3901 Lone Tree Way, Antioch

at The Fallman Education Center

(Across the parking lot from the Emergency Department)

*Preregistration is required. For more information and to sign-up call 925.779.3570*



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**Delta Memorial Hospital Foundation**