

# Living Well with Diabetes Self-Management Class

**LCTHC PATIENT EDUCATION ROOM**

**5:15 p.m. - 7:30 p.m.**

*(New Kitchen)*

**FACILITATORS:**

Cerra Hinchcliff & Jack Inong



**SCHEDULE:**

Wednesday, January 4th

Wednesday, January 11th

Wednesday, January 18th

Wednesday, January 25th

Wednesday, February 1st

Wednesday, February 8th

Join us for talks about Diabetes,  
Self-Management, Nutrition, Exercise & Support.

**Please feel free to bring a family member or friend!**

For more information

**707-263-8382** ext. 1620



**Lake County Tribal Health**

Modern Medicine  *Personalized Care*

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