

Living Well with Diabetes Self-Management Class

SCOTTS VALLEY TANF OFFICE

10:30 a.m. - 1:00 p.m.

FACILITATORS:

Virginia Tapia & Rosalie Ramos



SCHEDULE:

Tuesday, February 14th

Tuesday, February 21st

Tuesday, February 28th

Tuesday, March 7th

Tuesday, March 14th

Tuesday, March 21st

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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