

# Living Well with Diabetes Self-Management Class

## RUNNING CREEK CASINO

10:30 a.m. - 12:30 p.m.

635 E. Hwy 20, Upper Lake, CA.

### FACILITATORS:

Virginia Tapia and Rosalie Ramos



### SCHEDULE:

Thursday, August 4th

Thursday, August 11th

Thursday, August 18th

Thursday, August 25th

Thursday, September 1st

Thursday, September 8th

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

For more information

**707-263-8382** ext. 1616



## Lake County Tribal Health

Modern Medicine  *Personalized Care*

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