



2019 DIABETES EDUCATION CLASSES

A four-week series of classes on diabetes for the new diabetic, this program also is great for someone who has had diabetes but never quite got the hang of it!

CLASS SCHEDULE

January 8, 15, 22, 29

February 5, 12, 19, 26

March 5, 12, 19, 26

April 2, 9, 16, 23

May 7, 14, 21, 28

June 4, 11, 18, 25

July 2, 9, 16, 23

September 3, 10, 17, 24

October 1, 8, 15, 22

November 5, 12, 19, 26

CLASS TIME 4:30 TO 6:30 P.M. - CLASSROOM 3

Join us and learn more about diabetes, nutrition and healthy habits. There is no charge for this class. Sign up at www.methodisthospital.org/diabetes or for more info please call Community Outreach at 626-821-2344.

DIRECTIONS to the hospital

From 210 Fwy (Foothill Freeway):

- Exit Santa Anita Avenue and head south
- Turn right on Huntington Drive and stay in the left lane
- The hospital will be on your left
- Park in Lot D near the Red Cross building
- The classrooms are located north of Lot D and west of the parking structure
- Classes will be held in Classroom 3



METHODIST HOSPITAL

of Southern California