

DIABETES SELF-MANAGEMENT SERIES



EVIDENCE-BASED CLASSES

6 Week Series

Stanford University-based program aims to lessen symptoms, improve participants' communication with physicians, and promote healthy eating and ability to read food labels. Program is highly engaging, allowing participants to build a support network, develop self-efficacy, and become more confident in the ability to manage their disease. Also available in Spanish.

May 16-June 20
Wednesdays
1:30pm - 4:00pm

Camarillo Health Care District
3639 E Las Posas Rd.
Bldg. E, Suite 117
Camarillo, CA 93010

No Charge

Register (805) 388-1952 x100

Brought to you locally by the Ventura County Evidence-Based Health Promotion Coalition

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