



DIABETES WELLNESS GROUP

CTHP Diabetes Wellness Group 2017 Dates:

- January 10
- February 7
- March 14
- April 11
- May 9
- June 13
- July 11
- August 8
- September 12
- October 10
- November 14
- December 12

MONTHLY SESSIONS

10:30 TO 1:00

WELLNESS CENTER

Learn how to prevent
diabetes and how to
live well with diabetes



Nutrition Education



For more information, contact
Doris Sloan,
Community Outreach Services Manager
707-467-5644