



Oak Valley Hospital
A Division of Oak Valley Hospital District
AN AFFILIATE OF CATHOLIC HEALTHCARE WEST

350 South Oak Avenue
Oakdale, CA 95361-3581

Learn how you can be...

Living Well with Diabetes

Presented by

Oak Valley Hospital
Community Diabetes Education

4 sessions on Thursday mornings:

February 2, 9, 16, 23 2012

10 am – 12 noon

Classes are held at:

Oak Valley Medical Plaza
Charter Oak Conference Room

1425 W “H” Street (corner of H and Ash)

Oakdale

For individuals diagnosed with diabetes and any loved ones who may want to attend. This is an opportunity to learn a positive approach to living with diabetes and to get answers to questions about diabetes. All classes are facilitated by a certified diabetes educator.

This is a set of 4 classes – 2 hours each, held weekly. Class size is limited. Registrations will be accepted on a first come first served basis. Attendance at class #1 is mandatory to attend rest of the series. The fee is \$20.00 per person or \$30.00 per family for the set of 4 classes.

To register or for more information call 847-5121 ext. 10

Pre-registration is required.

