

Free Diabetes Workshop

by Glendale Adventist Medical Center



Take control now and learn how to manage your diabetes!

Attend our free diabetes workshops and learn more about:

- Nutrition
- Exercise
- Medications
- Caring for your teeth, eyes and feet
- Talking to your physician and pharmacist

Open to pre-diabetics, diabetics and caregivers.

Receive a **FREE** gift for completing the workshop!

Dates: Every Tuesday for 6 weeks

April 5, 12, 19, 26, May 3rd & 10th

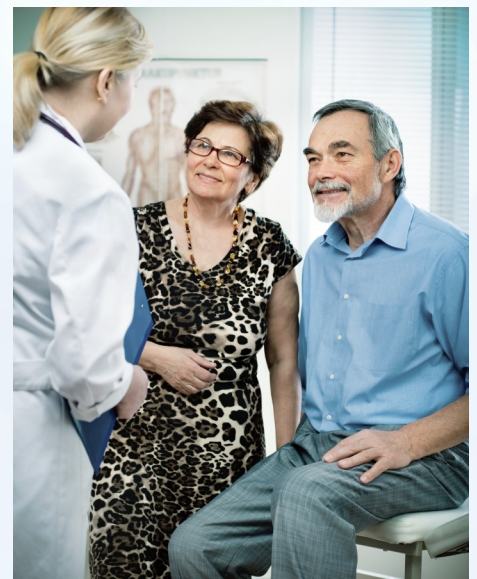
Time: 10:30AM to 12:30PM

Location: Glendale City Church, 610 E. California Ave., Glendale, CA 91206

Parking is located on the lower level of the Fashion Center parking structure. Entrance to the church is on California Avenue.

Reserve your seat today!

To register, call Rita Ayvazian, Community Services at Glendale Adventist Medical Center, at **(818) 409-8514**



Glendale Adventist Medical Center

Adventist Health

AdventistHealth.org/Glendale