



- ✓ Healthy eating and food label reading
- ✓ Diabetes medication and management
- ✓ Lifestyle changes
- ✓ Lowering risks associated with diabetes


**1st & 3rd
Thursday
of the Month**

9:00 AM - 10:30 AM

 **Shasta Community Health Center**
a californiahth center

Shasta Community Health Center
1035 Placer Street Redding, CA 96001

Contact us for more information and to reserve your spot!

 (530) 646-3883

 patiented@shastahealth.org