

Diabetes & Me

A Workshop to Help Understand and Self-Manage Diabetes

NOW HELD
TWICE
A MONTH!

1st & 3rd Wednesday

3:30pm - 5:00pm

Shasta Community Health Center

1035 Placer St. Redding, CA 96001



Featuring:
Ereka Bishop
Registered Dietitian

Who should attend?

- Adults age 18 and over who have diabetes or care for someone with diabetes.

Why should you attend?

- The workshop is lead by a Registered Dietitian that's here to help you self-manage your meals and condition. Bring your questions and come ready to learn!

Confused what to eat to manage your diabetes? Don't know where to start? Need pointers to help you stay on track?

You will learn the basics of how diabetes works, such as:

- The pancreas & insulin
- Complications of high blood sugar
- Hyperglycemia & hypoglycemia

You will also learn easier ways to manage your meals through balancing carbohydrates, proteins, fats, and portion sizes. We will talk about how food, alcohol, exercise, stress and even sick days effect you and your diabetes - and much more.



Sign-Up Using Your
Mobile Device

For more information :

(530) 229-5115

www.shastahealth.org