Diabetes

2nd Friday of Every Other Month
(Feb 2023: Feb, April, June, Aug, Oct, Dec)

2:00 - 3:30pm
1035 Placer St. Redding, CA

A Registered Dietitian (RD) Will Help You Learn:

- Meal Planning
- How the foods you eat will change your blood sugar
- When to check your blood sugar
- What your numbers mean
- How to tell if your numbers are off
- What to do when your numbers are off

For Questions or More Information:
(530) 229-5115