



Shasta Community Health Center
a california health center

Let's Talk Diabetes

2nd Friday of Every Other Month

(February, April, June, August, October, & December)

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