



Learn to **Control** Your **Diabetes** and **Feel Better**

*Join **FREE** or low-cost
diabetes classes*

Learn how to...

- Eat healthier
- Manage your symptoms
- Be more active
- Set health goals & **SUCCEED**
- PLUS, meet new people

We can help you!



LA Healthline

1-800-793-8090

(Monday-Friday, 8 am-6 pm)

Classes also available for...

***Obesity • High Blood Pressure • High Cholesterol
Fear of Falling (65+ years old) • Caregiving***

Workshops meet the U.S. HHS Administration for Community Living's
Title IID criteria for evidence-based programs.