

City of Carson

Diabetes

WORKSHOP

MONDAYS • 10:00 A.M. - 12:00 P.M.
FIRST SESSION: FEBRUARY 25 - APRIL 1, 2019
SECOND SESSION: APRIL 8 - MAY 13, 2019

FREE

18+



Topics Include:

- **What is diabetes?**
- **Can I still eat fruit?**
- **Can I dance?**
- **Diabetes medicines, herbs, and more**
- **Eyes, teeth, feet and toes**
- **What do I need to know?**

MUST REGISTER, SPACE IS LIMITED
For more information please call (310) 835-0212 x 1460

Congresswoman Juanita Millender-McDonald

Community Center at Carson

801 East Carson Street, Carson, CA 90745

Recreation and Human Services



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Life
Better!**