

D|Diabetes E|Empowerment E|Education P|Program

Suisun Senior
Center

THURSDAYS 1-3PM

Start date: 1/18/18

In this
FREE
interactive
6-week group program you
will learn how to live a
healthier life with diabetes!

Brought to you by Touro University and Solano
County Public Health

Week 1: Introductions and fundamentals

Week 2: The human body and the
complications of diabetes

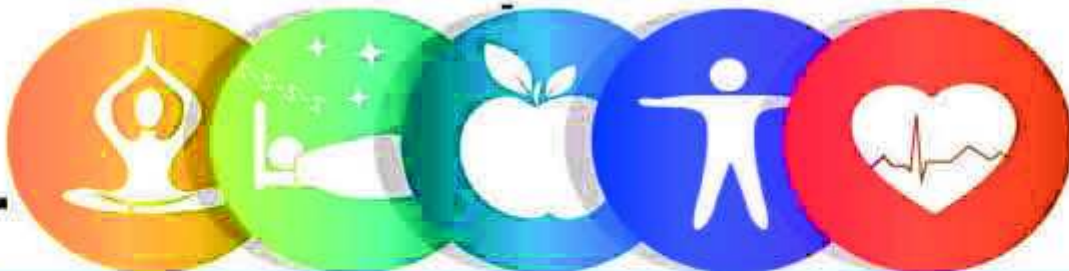
Week 3: Nutrition strategies and tools to
apply to everyday life

Week 4: Exercise and understanding your
the numbers (A1c, sugars, cholesterol)

Week 5: Medication management and
meet a provider (DO, PharmD, PA)

Week 6: Pulling it all together

Classes will have **free giveaways** and
supplemental materials developed by a
diabetes management team; this includes
people in the field of Medicine,
Pharmacology, Nutrition and Public Health



Sign up today with Karen Michens:

Call: 707.421.7203 | email: kmickens@suisun.com



City of Suisun City—Recreation & Community Services Department
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