



Alameda County Public Health Department
Chronic Disease Program



American Diabetes Association (ADA)
Recognized Program



Diabetes Classes

Join Us!

- Must be Alameda County resident and
- 18 years of age or older and
- **Diagnosed** with pre-diabetes or type 2 diabetes.

What Will I Learn?

- Managing Your Diabetes
- Taking Your Medication
- Monitoring Your Blood Sugar
- Managing Stress
- Being Physically Active
- Eating Healthier While Controlling Your Diabetes

When Do Classes Meet?

Classes meet one day a week for eight weeks, two hours per day.
Visit our website for classes and locations!

acphd.org/diabetes.aspx

To register for our next available class, please call us at (510) 383-5185.