

Diabetes Basics

Learn more about your Diabetes.

This class is for individuals who have been recently diagnosed with diabetes. Participants will learn how to monitor and control their diabetes. Other topics include hyperglycemia, hypoglycemia, diabetes complications, and sick day rules.



This class is **Free** and open to the community.

Please call the Health Education Center today for dates and times (909) 806-1816

Community Hospital of San Bernardino
Health Education Center
1725 Western Avenue
San Bernardino, CA 92411



Health Education Center
(909) 806-1816
chsbeducation.org

 **Community Hospital
of San Bernardino.**
A Dignity Health Member

Fundamentos de el Diabetes

Aprenda más acerca de su diabetes.

Esta clase es para las personas que han sido diagnosticados recientemente con diabetes. Los participantes aprenderán cómo monitorear y controlar su diabetes. Otros temas incluyen hiperglucemia, hipoglucemia, complicaciones de la diabetes, y las reglas de días de enfermedad.



Esta clase es **GRATIS** y abierta a la comunidad.

Por favor, llame al Centro de Salud para las fechas y horarios.
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