

# Diabetes

Learn to manage pre-diabetes  
and diabetes. (4 sessions)



**No-cost program. Transportation available for Blue Shield of California Promise Members.**

Join us for these four sessions to learn how to manage pre-diabetes and diabetes. Find out what kinds of changes you can make in your life to lower your risk of diabetes complications. Learn how to plan meals, choose healthy foods, stay active, deal with stress, check blood sugar levels, and go over the medicines and insulins used to treat diabetes. Registration required.

## Join us:

### To register, call:

**(562) 613-5118**, 8:30 a.m. to 5 p.m., Monday  
through Friday

### For more information, call Customer Service:

**(800) 605-2556 (TTY: 711)**, 8 a.m. to 6 p.m.,  
Monday through Friday