

Information & Education is the key to successfully

Living with Diabetes



Join us to gain a better understanding on how to live with diabetes

We'll help you with: meal planning, carbohydrate counting, insulin and oral prescriptions, the prevention of complications, foot care and more resources.

There will be a nurse and dietitian at every class.

FREE classes are held the 2nd Friday of every month

3:00 p.m. – 5:00 p.m.

**Main Conference Room
Montclair Hospital Medical Center
5000 San Bernardino Street.
Montclair, CA 91763**

2021 Classes:

- Apr. 9 • Jul. 9 • Oct. 8
- May 14 • Aug. 13 • Nov. 12
- Jun. 9 • Sep. 10 • Dec. 10

RSVP: Melissa Bonus (909) 625-8260 • mbonus1@primehealthcare.com
— Reservations required



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Medical Center**

5000 San Bernardino Street
Montclair, CA 91763

909.625.5411

Learn more about diabetes at
www.montclair-hospital.org

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