

Please join us for Free

# Diabetes Support and Prevention Classes

**Contact Information:**

**Dominique Bazanos**

RN, MSN, CDCES

909.335.5501 ext. 6393 or email  
to: [DDB3@redlandshospital.org](mailto:DDB3@redlandshospital.org)

All classes are free  
to the public!

**When**

5:00 - 6:00 PM

**Where**

Redlands Community Hospital  
350 Terracina Blvd

**Weisser Education Pavilion**

Conference Room D



## Upcoming RCH Classes for Diabetes Self-Management

- **Tuesday April 16th** - The class will cover Being Active
- **Tuesday June 18th** - The class will cover Monitoring Blood Sugars
- **Tuesday August 27th** - The class will cover Taking Medication
- **Thursday October 24th** - The class will cover Healthy Coping

[www.redlandshospital.org](http://www.redlandshospital.org)