

# Diabetes Support & Prevention Program Classes



## Upcoming RCH Classes for Diabetes Self-Management

- **Understanding Diabetes & Monitoring Blood Sugars**  
Thursday, February 5th
- **Nutrition & Healthy Eating**  
Thursday, April 2nd
- **Physical Activity & Being Active**  
Thursday, October 1st
- **Medications & Preventing Complications**  
Thursday, December 3rd

**All classes are free to the public!**

**When: 5:00pm – 6:00pm**

**Where: Redlands Community Hospital**

350 Terracina Blvd.  
**Weisser Education Pavillion**  
Conference Room A

Contact the Education Department by phone or email to register! Walk-ins welcome.

**909.335.5501 ext. 5530**

**Education@redlandshospital.org**

## Our Mission

To provide diabetes self-management education and support those with diabetes.

## Our Goal

Ensure those with diabetes have the knowledge, skill, and ability to successfully manage their diabetes.

## Contact Info

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Diabetes Education Facilitator

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



**Redlands  
Community  
Hospital**

Caring for Generations