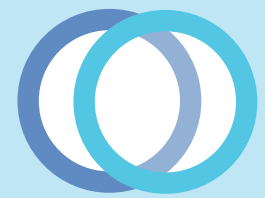


# Diabetes & Me



A Drop-in Workshop to Help Understand & Self-Manage Diabetes.

1st Wednesday  
Each Month

3:30pm - 5:00pm

**Shasta Community  
Health Center**

1035 Placer St.  
Redding, CA 96001  
3rd Floor

Want to know how to eat to manage your diabetes?  
Don't know where to start?  
Need tips to help you stay on track?

You will learn the basics of how diabetes works, such as:

- How the pancreas & insulin work together
- Problems caused by high blood sugar
- Hyperglycemia & hypoglycemia

You will also learn easier ways to manage your meals through balancing carbs, proteins, fats, and portion sizes. We will talk about how food, alcohol, exercise, stress, and even sick days affect you and your diabetes - and much more.

# Nutrition & Me



A Drop-in Workshop to Help Understand & Self-Manage What You Eat.

Confused about what to eat to manage your health?  
Don't know where to start?  
Need tips to help you stay on track?

You will learn the basics of how to choose what to eat, such as:

- Planning a balanced meal
- Making the most of food groups
- How what you eat affects your health

You will also learn easier ways to manage your meals by using the MyPlate method to balance carbs, proteins, fats, and portion sizes. We will talk about how food, alcohol, exercise, and stress affect you and your health - and much more.

3rd Wednesday  
Each Month

3:30pm - 5:00pm

**Shasta Community  
Health Center**

1035 Placer St.  
Redding, CA 96001  
3rd Floor



Lead by a  
Registered Dietitian

Sign-Up  
With Your  
Mobile  
Device



For more information:  
(530) 229-5115  
[www.shastahealth.org/education](http://www.shastahealth.org/education)