

Online Class

Join Healthy Traditions for our **ADCES 7 SELF-CARE BEHAVIORS™** class series.

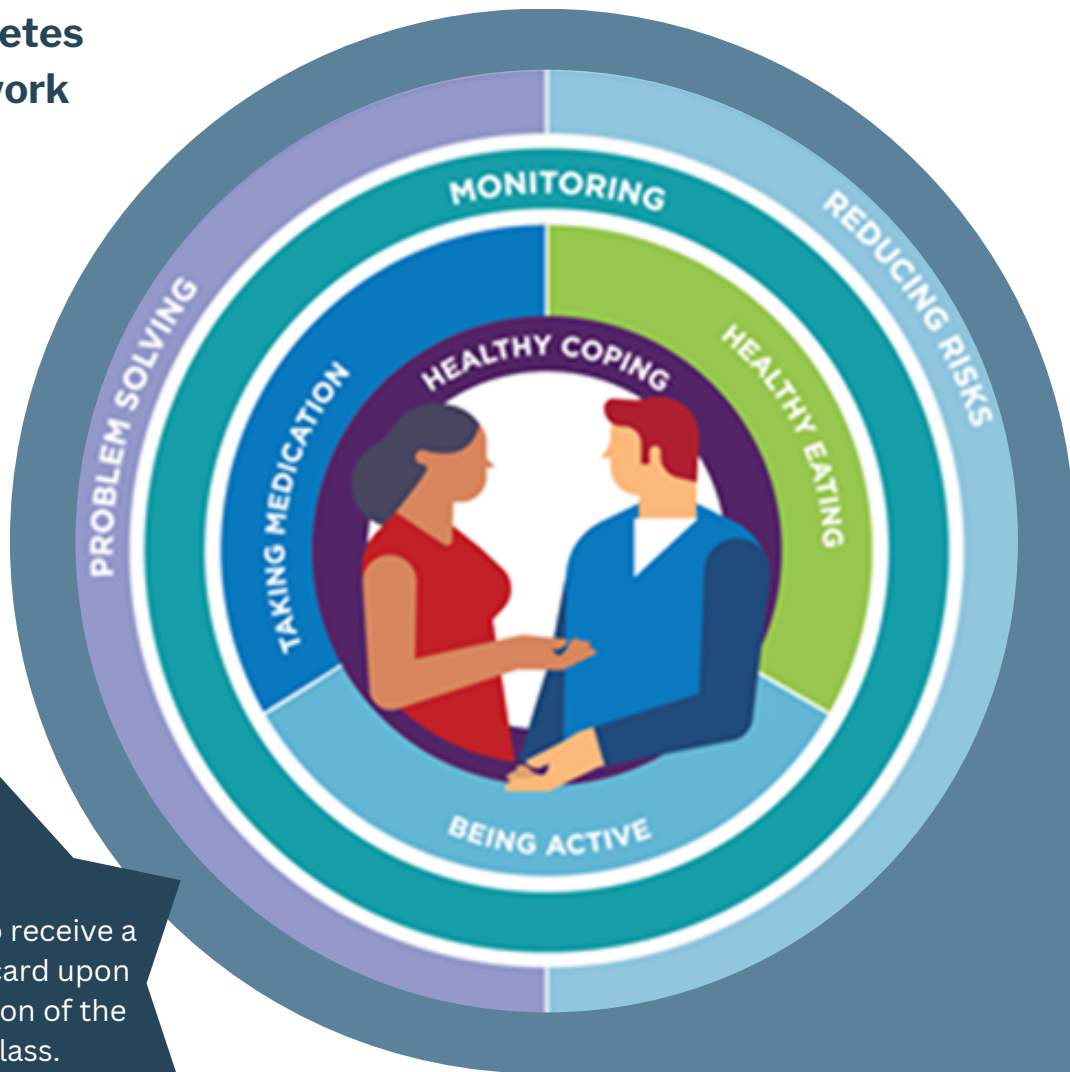
For our patients with diabetes to learn about our framework for diabetes care and education.

When
Starting February 23rd
12 pm - 1 pm

The fourth Thursday of every month through August.
****Except in June when we will meet on June 29th.**

7 sessions

Eligible to receive a \$10 gift card upon completion of the 1st class.



JOIN NOW!!

You will learn:

- Healthy coping
- Healthy eating
- Being active
- Taking medication
- Monitoring
- Reducing risks
- Problem solving

Call Roberta at 707-521-4502 to register for the class



Healthy Traditions
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SONOMA COUNTY
INDIAN HEALTH PROJECT