



# Together We Can!

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## ¡Juntos Podemos!



The Conversation Map<sup>®</sup> education program is designed to help discover what you want and need to know about **managing your diabetes or that of a loved one**. Join our conversation!

### FALL 2017 CLASS SCHEDULE

**NCHS Perris Health Center:** 1675 North Perris Boulevard Perris, CA 92571

*All classes are on Mondays from 9:00 am - 11:00 am*

**October 2:** “On the Road to Managing Your Diabetes”

**October 9:** “Diabetes & Healthy Eating”

**October 16:** “Monitoring Your Blood Glucose”

**October 23:** “Continuing Your Journey”

**Sessions are *FREE*. Registration is required to attend.**

**Please call (951) 788-3471 to register.**

