

City of Carson

# Diabetes

# WORKSHOP

**MONDAYS • 10:00 A.M. - 12:00 P.M.**  
**FIRST SESSION: FEBRUARY 25 - APRIL 1, 2019**  
**SECOND SESSION: APRIL 8 - MAY 13, 2019**

**FREE**

**18+**



Topics Include:

- **What is diabetes?**
- **Can I still eat fruit?**
- **Can I dance?**
- **Diabetes medicines, herbs, and more**
- **Eyes, teeth, feet and toes**
- **What do I need to know?**

**MUST REGISTER, SPACE IS LIMITED**  
**For more information please call (310) 835-0212 x 1460**

**Congresswoman Juanita Millender-McDonald**

**Community Center at Carson**

**801 East Carson Street, Carson, CA 90745**

**Recreation and Human Services**



**Parks  
Make  
Life  
Better!**