



Diabetes Education Session



April 13, May 11, June 8, July 13,
August 10, September 14,
October 12, November 9, December 14

HEC invites you to our monthly diabetes education sessions, held with Molina, where each session will cover the same core topics and offers practical, culturally relevant strategies to manage and prevent diabetes through healthy eating, physical activity, and lifestyle changes.

Only one \$25 gift card will be given to each participant; repeat attendance is welcome.



6075 Florin Rd., Suite 200



9am-11:30am

Cost: Free



Diabetes Education Session



April 13, May 11, June 8, July 13,
August 10, September 14,
October 12, November 9, December 14

HEC invites you to our monthly diabetes education sessions, held with Molina, where each session will cover the same core topics and offers practical, culturally relevant strategies to manage and prevent diabetes through healthy eating, physical activity, and lifestyle changes.

Only one \$25 gift card will be given to each participant; repeat attendance is welcome.



6075 Florin Rd., Suite 200



9am-11:30am

Cost: Free