

Live Healthy!

**EISENHOWER LECTURES
AND ACTIVITIES**

Diabetes Program – *Free Community Classes*

PRE-DIABETES AND DIABETES EDUCATION

First Monday of month, 3 to 4 p.m.

Eisenhower Medical Center, Probst Building, Suite 100B
Call **760-773-1403** for information and registration.

Second Wednesday of month, 9 to 10 a.m. (October to May)

Eisenhower George and Julia Argyros Health Center
45280 Seeley Drive, La Quinta
Call **760-423-4855** for information and registration.

CLASES GRATUITAS DE PRE-DIABETES Y DIABETES

Cada Segundo Viernes del mes, de 10 a 11 a.m. (Octubre a Mayo)

Eisenhower Medical Center, Probst Building, Suite 100B
Llamar al **760-837-8718** para mas información e inscripción.

TOOLS, TRICKS AND TECHNOLOGIES FOR TYPE 1'S

Third Tuesday of month, 3 to 4 p.m.

Eisenhower Medical Center, Probst Building, Suite 100B
Please RSVP at smason@emc.org or **760-837-8717**. Space is limited.



EISENHOWER MEDICAL CENTER