

Live Healthy!

**EISENHOWER LECTURES
AND ACTIVITIES**

Diabetes Program – Free Community Classes

PRE-DIABETES AND DIABETES EDUCATION

First and third 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 cuarto Jueves del mes, de 3 a 4 p.m.

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 Thursday of month, 2 to 4 p.m.

Eisenhower Medical Center, Probst Building, Suite 100B

Please RSVP at mcid@emc.org or **760-837-8718**. Space is limited.



EISENHOWER MEDICAL CENTER