

DIABETES PROGRAM

FALL 2019 SCHEDULE

DIABETES CLINIC

Please discuss with your provider at your next appointment. SY is Santa Ysabel Clinic

Calac: 3rd Wed 1-330 PM (Rincon)
Davidson: 2nd Tues 815-1045 AM (Rincon)
1st Monday of Even Mo. 1-330 PM (SY)

Save time by scheduling your one-stop-shop Diabetes Clinic appointment. During the clinic, you'll get labs, talk to your doc, refill meds, and discuss your personalized plan with your dietitian and physical activities specialist.

DIABETES BASICS CLASS

Every 3rd Tues At 10 AM (Rincon) & Every 1st Mon Of Every Even Month at 10AM (SY)

Mon Oct 7 at 9 AM (Santa Ysabel)
Tues Oct 16 at 10 AM (Rincon)
Tues Nov 19 at 10 AM (Rincon)

If you have questions, we have answers. This class is a brief overview of diabetes and how it affects the body, symptoms, emergency care, eating the right foods for Diabetes, movement as medicine, and keeping up with your health care.

KIDNEY SMART CLASS

Every 3rd Tuesday Of Every 4th Month at 10 AM. This class is hosted by Davita Dialysis.

Mon Dec 17 at 10AM (Rincon)

This class is divided into 2 parts. In the first part, we cover chronic kidney disease, specific lab testing, and food restrictions. In the 2nd part, we discuss treatment options like various types of dialysis.

* It's recommended you attend Diabetes Basics before Kidney Smart

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Call To Register For Classes
(760) 749-1410 x5455
REGISTRATION IS REQUIRED



"EMPOWERING NATIVE WELLNESS"

LLB TRACKS: COOKING ON THE FARM



Come join us as we gather together, prepare, cook, and eat as a family. Learn basic cooking skills and gardening tips using what's in season. You'll get the support you need as each week we'll cover important topics to help you achieve your health goals. Children are welcome to attend. Parents/guardians are required to watch their children.

Every Wednesday starting Oct 2

Held at Pauma Solidarity Farm. 14909 Puuma Valley Dr, Pauma Valley, CA 92061

NUTRITION CONSULTATION



Yes, what you eat has the greatest impact on your blood sugar and weight. Are you eating the right foods to make that happen? Come meet with Jina George, Registered Dietitian and Diabetes Educator. You'll uncover why you feel the way you do, your health goals, and how to use the power of food as medicine. You'll receive a guide full of colorful visuals, a sample meal plan, and full support. Virtual appointments also available (ask for details).

IN-HOME VISITS & COOKING CLASS



Need extra support in your home: taking meds as directed, blood sugar checks, checking on refills, assist in scheduling appointment, or learn how to cook using your foods in the comfort of your own home? Lorelei Legaspi, CHR, can all of this with you. Note: I-home cooking class requires an initial nutrition consultation with Jina George, RD CDE.

EXERCISE CONSULTATION



The aches.. the pains. Did you know that moving more can actually reduce pain? Not to mention, it's great for blood sugar control and weight loss. Schedule with Andy Munoz, Physical Activity Specialist. You'll receive a full assessment regarding your concerns, limitations, and health goals.

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