

# UCLA ADULT DIABETES EDUCATION PROGRAM

## TYPE 2 DIABETES CLASS – LEARNING TO LIVE WITH DIABETES



Successful self-management of diabetes can help you feel better and reduce your risk of developing complications such as heart disease, eye disorders, kidney disease and nerve damage.

If you are a UCLA Health patient diagnosed with type 2 diabetes, this interactive class, held on Tuesday, Oct 17, 2023 from 8 am to noon in our Porter Ranch clinic, will teach you skills to help you better manage your diabetes.

### THE CLASS WILL COVER

Diabetes basics ■ Problem solving ■ Healthy eating ■ Being active

**WHEN** | Tuesday, October 17, 2023 from 8 am to Noon

**WHERE** | UCLA Health Porter Ranch Primary & Specialty Care  
19950 Rinaldi St., Suite 300  
Porter Ranch, CA 91326

**REGISTER** | Call 818-271-2400 to register

**COST** | Classes are covered by Medicare and most private insurance plans. Since some plans require a referral, your provider must refer you to the program.

**MORE INFO** | This program is recognized by the American Diabetes Association. UCLA Health certified diabetes care and education specialist Ana Valenzuela RN, CDCES will lead the class.