



Free Diabetes Class... Healthy Options, Healthier You!

Please join us for a *free* educational event specifically designed for people living with diabetes. A certified diabetes educator will discuss nutrition, portion control and how to make smart food choices for better health!

When you attend this event, you will receive a complimentary:

- Education Book – “Managing your Diabetes”
- Restaurant Guide
- 14-day Menu Guide

Three different classes to choose from!

Date:	Time:
Monday, July 20, 2009	10am – 12 noon
Monday, August 17, 2009	10am – 12 noon
Friday, September 18, 2009	10am – 12 noon

Sutter Solano Cancer Center
100 Hospital Drive, 1st Floor Conference Room
Vallejo, CA 94589

Space is limited. Please call to reserve your spot today! Family and friends are welcome to attend! RSVP (707) 554-5095.



Sutter Solano
Charitable Foundation

Sutter Solano
Medical Center

Sutter Health Affiliates

With You. For Life.

300 Hospital Drive
Vallejo, CA 94589
707-554-4444
suttersolano.org

Approved and sponsored program of the SSCF Community Committee