

COMMUNITY HEALTH ALLIANCE

Of Humboldt-Del Norte, Inc.

The Peer Education and Support Team Invites you to join us for Diabetes Education and Support

Learn how to take good care of yourself to maintain health and well being.
An Expert Speaker every month and the opportunity to
talk with folks who understand...

Eureka: 1st Wednesday from 6:30 to 8:00 p.m.
General Hospital, Burre Room
2520 Harrison Avenue

Eureka: 4th Wednesday from 10:00 to 11:30 a.m.
Senior Resource Center
1910 California Street

McKinleyville: 1st Friday from 10:00 to 11:30 a.m.
Azalea Hall/McKinleyville Senior Center
1620 Pickett Road

Spanish Language Diabetes Support Group
1st Thursday from 7:00 to 9:00 p.m.
Saint Joseph Catholic Church
Parrish Activity Center, Youth Room
2292 Newburg Road, Fortuna

For more information contact: **Roxanne at 445-2806**

The Peer Outreach and Education Team is people like you, with diabetes, who teach others about the essential components needed for diabetes care.