

Classes are **FREE** of charge. Ask your provider for a **REFERRAL**.



Valley Specialty Center Adult Nutrition Classes



DIABETES EDUCATION

Diabetes & Metabolism Center, 751 S. Bascom, suite 210, San Jose

DIABETES NUTRITION EDUCATION:

ENGLISH: *1st Wed of the month from 2:45pm-4:30pm*

Learn healthy portion sizes, what foods affect your blood sugar and how to count carbohydrates. Learn how diabetes affects your emotional health. Available support groups and community resources.



Milpitas Adult Nutrition Classes



WEIGHT LOSS EDUCATION

143 N. Main Street, Milpitas

HEALTHY APPROACHES TO WEIGHT MANAGEMENT:

Diagnosis: Overweight, Obesity

ENGLISH: *1ST Thursday of the month from 2:00pm-4:00pm.*

Learn how to reach your weight loss goals to improve your health



SANTA CLARA
VALLEY MEDICAL CENTER
Hospital & Clinics

East Valley Adult Nutrition Classes

DIABETES EDUCATION

1993 McKee Road, San Jose



PREDIABETES HEALTHY EATING (Class series):

Diagnosis: Prediabetes

ENGLISH: (2-part class) 2nd and 4th Thursday of the month from 6:00pm-7:30pm

SPANISH: (2-part class) 1st and 3rd Thursday of the month from 6:00pm-7:30pm

Learn how to prevent or delay developing diabetes type 2.



SANTA CLARA
VALLEY MEDICAL CENTER
Hospital & Clinics

Sunnyvale Adult Nutrition Classes

DIABETES EDUCATION

660 S. Fair Oaks Ave, Sunnyvale



PREDIABETES HEALTHY EATING:

Diagnosis: Prediabetes

ENGLISH: (1-part class) 2nd Friday of the month from 1:00pm-2:30pm

ENGLISH: (1-part class) 4th Friday of the month from 2:00pm-2:30pm

Learn how to prevent or delay developing diabetes type 2.