

# Diabetes



## Self-Management Workshop



**NORTH EAST  
MEDICAL SERVICES**

東北醫療中心  
a California Health Center

### There's still time to sign up!

Do you or someone you love have diabetes? *Everyone with Diabetes Counts* is a program that encourages lifestyle changes while learning about your diabetes and the way it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

#### Please join us if you:

- Are 65 years of age or older
- Are a Medicare beneficiary
- Have borderline diabetes or diabetes

Educational  
Gifts!

#### Program details:

- Begins 9/27/2019 - 11/1/2019
- Each class is 2 hours
- Six short weekly workshops
- No cost to participate!



**Where:** Chinatown Center  
City College of San Francisco

Room 1405, 808 Kearny St,  
San Francisco, CA 94108

**When:** 9/27/2019 - 11/1/2019  
Every Friday

**Time:** 1:30pm - 3:30pm

## To register, call (415) 391-9686 Ext. 5843 or register at Health Promotion Room

This material was prepared by Health Services Advisory Group, the Medicare Quality Improvement Organization for California, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. Publication No. CA-11SOW-B.2-01042016-04



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**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電(415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

NEMS Rev. 9/2019