

Live Healthy!

EISENHOWER
COMMUNITY CLASSES

Diabetes Education Services Free Community Classes

Call Diabetes Education Services at 773-1403 or contact Marielena Cid at mcid@eisenhowerhealth.org for reservations. Please note some classes are held in person, while others are on Zoom.

Pre-Diabetes and Diabetes Education

First Monday of month, 3 to 4 p.m. (October – June)

Zoom class; call or email for link.

Clases Gratuitas de Pre-Diabetes y Diabetes

Cada primer Viernes del mes, de 3 a 4 p.m. (Octubre a Junio)

Probst Building, Suite 100B; llame si quiere registrarse.

Type 1 Diabetes Support Group

Tools, Tricks and Technologies

Third Tuesday of month, 3 to 4:30 p.m. (October – June)

Probst Building, Suite 100B; reservations are required.



EISENHOWER HEALTH

Probst Building, Suite 100B, 39000 Bob Hope Drive,
Rancho Mirage, California, EisenhowerHealth.org