



Join Mercy Medical Center Redding's Wound Healing Center and Heart Center for classes designed to provide a comprehensive overview of diabetes.

# diabetes

## a comprehensive overview

These classes are for diabetics, their families and other interested individuals. A range of topics will be discussed during the session including:

- Blood Glucose Monitoring
- Complications of High and Low blood sugar
- How diabetes affects the body
- Symptoms
- Foot Care
- Medications
- Meal Planning



**When:** Monday, August 1st & Monday, August 8th, 2011  
**Time:** 6pm – 8pm  
**Cost:** FREE but space is limited so pre-registration is required.  
**Register:** Call (530) 24-MERCY/246-3729 or online at [redding.mercy.org](http://redding.mercy.org)  
**Place:** Mercy Medical Center Auditorium, A & B Lower Level



Course Coordinators- Diabetic Educator Tammy Fuller, RN & Paige Jones, RD  
4 CE's available for nursing (attendance at both Monday classes is mandatory for credit)

  
**Mercy Medical Center Redding**  
*Mercy Heart Center*  
A member of CHW

  
**Mercy Medical Center Redding**  
*Wound Healing & Hyperbaric Medicine Center*  
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