

November is Diabetes Awareness Month: Know the Risk Factors!

We Offer a Comprehensive Care Program



- Diabetes is the seventh leading cause of death.
- People with diabetes are also at higher risk of heart disease, stroke, and other serious complications.
- We can help prevent pre-diabetes and manage diabetes through our diabetes education classes offered in English and Spanish.

Participants receive nutrition counseling and learn good lifestyle habits such as healthy eating and cooking, as well as the importance of regular exercise and fitness.

**For more information,
please call:
(323) 547-9315
or visit cnhfclinics.org**