



# Diabetes Prevention & Management

**The Diabetes Education program (DEP) of the California Health Collaborative provides diabetes prevention and management classes at no cost.**

**Classes aim to educate and empower people with diabetes and pre-diabetes to improve glucose control and reduce diabetes related health complications.**

**For location, dates and times or to see if you are eligible to participate, please call: (559) 244-4554 or visit [solera4me.com/chc](http://solera4me.com/chc).**

