



LIVING WELL WITH DIABETES—Managing My Health

Morongo Basin Community Health Center is hosting a new diabetes management program for health center patients. This comprehensive six-week course equips our patients with the tools they need to manage their disease. Program participants attend a weekly two-hour class that addresses the diagnosis, testing, complications of the disease, food shopping, cooking, physical activity, emotional health and group support. Additionally, participants will receive periodic follow up from the leadership team for six months in support of the patient to successfully manage their diabetes.

Want more information? Interested in becoming a health center patient to join the program? Call **760-820-9223** and learn more about this health opportunity and manage your health!