



Graybill Medical  
Group, Inc.

## **Living with Diabetes - 2010**

**Knowledge is Power. Learn how to take  
care of your Diabetes**

***Presented by Janice Baker, R.D., CDE, CNSC***

*Registered Dietitian, Certified Diabetes Educator,*

*Certified Nutrition Support Clinician*

**Wednesday 10- 11:30 am Escondido Urgent Care Lobby**

**(Building Two)**

**Thursday 6 – 7:30pm Building One Lobby**

1. Nutrition and diet – “What do I eat?!”

AM Class: August 4<sup>th</sup> & 18<sup>th</sup>: PM Class: August 5<sup>th</sup> & 19<sup>th</sup>

2. Nutrition and diet- “What do I eat?!”

AM Class: September 1<sup>st</sup> & 15<sup>th</sup>: PM Class: September 2<sup>nd</sup> & 16<sup>th</sup>

3. More on meal planning for diabetes management

AM Class September 29<sup>th</sup> & October 13<sup>th</sup> & 27<sup>th</sup> : PM Class September  
30<sup>th</sup> & October 14<sup>th</sup> & 28<sup>th</sup>

4. Getting through the holidays with diabetes – AM Class November  
10<sup>th</sup> : PM Class 11<sup>th</sup>

AM Class: December 1<sup>st</sup> & 15<sup>th</sup>: PM class December 2<sup>nd</sup> & 16<sup>th</sup>

Please call to Schedule your appointment: (760) 291-6701

***\*\*Family members and friends welcome\*\****