



Health Education Department

661-951-3375

www.hdmg.net

*\*Educacion en Espanol\**

**May**

2019

**Mediterranean Diet Month**

Registration is required

Schedule is subject to change

Mon	Tue	Wed	Thu	Fri
		1 10:00 Living Well with Arthritis 1	2 5:30 Weight Management	3 10:00 Diabetes Self Management 1:00 Diabetes Empowerment Workshop 2 2:00 Getting Ready for Joint Replacement
6	7 10:00 <u><i>*Control de Peso 1*</i></u> 2:00 Healthy Heart 5:30 Baby & Me 1	8 10:00 Living Well with Arthritis 2 2:00 Diabetes Self Management	9 11:30 Weight Management	10 10:00 Diabetes Healthy Eating 1:00 Diabetes Empowerment Workshop 3 2:00 Getting Ready for Spine Surgery
13	14 10:00 <u><i>*Diabetes*</i></u> 2:00 Bariatric Weight 5:30 Baby & Me 2	15 2:00 Diabetes Healthy Eating	16 5:30 Diabetes Self Management	17 1:00 Diabetes Empowerment Workshop 4 2:00 Getting Ready for Joint Replacement
20	21 10:00 <u><i>*Nutricion de Diabetes*</i></u> 2:00 Getting Ready to Quit Smoking Cessation 5:30 Baby & Me 3	22 10:00 Weight follow up	23 11:30 Weight follow up <u><i>2:00 *Diabetes*</i></u> 5:30 Diabetes Healthy Eating	24 1:00 Diabetes Empowerment Workshop 5 2:00 Getting Ready for Spine Surgery
27	28 10:00 <u><i>*Control de Peso 2*</i></u>	29 2:00 Weight follow up	30 <u><i>2:00 *Nutricion de Diabetes:</i></u> 5:30 Weight follow up	31 1:00 Diabetes Empowerment Workshop 6 2:00 Getting Ready for Joint Replacement