

Free Community Health Education Class!

Managing Your Diabetes: Empowering Yourself



Presented by Vineet Gupta, MD
Family Health Physician, Yuba City Primary Care and Diabetes Clinic, Inc.

Nov. 14 6-7PM

Fremont-Rideout Conference Center, 989 Plumas Street, Yuba City

In honor of World Diabetes Day, Nov. 14, Vineet Gupta, MD will present a class about the basics of Diabetes management and what YOU can do to control your diabetes.

Reduce your risk of type 2 diabetes by:

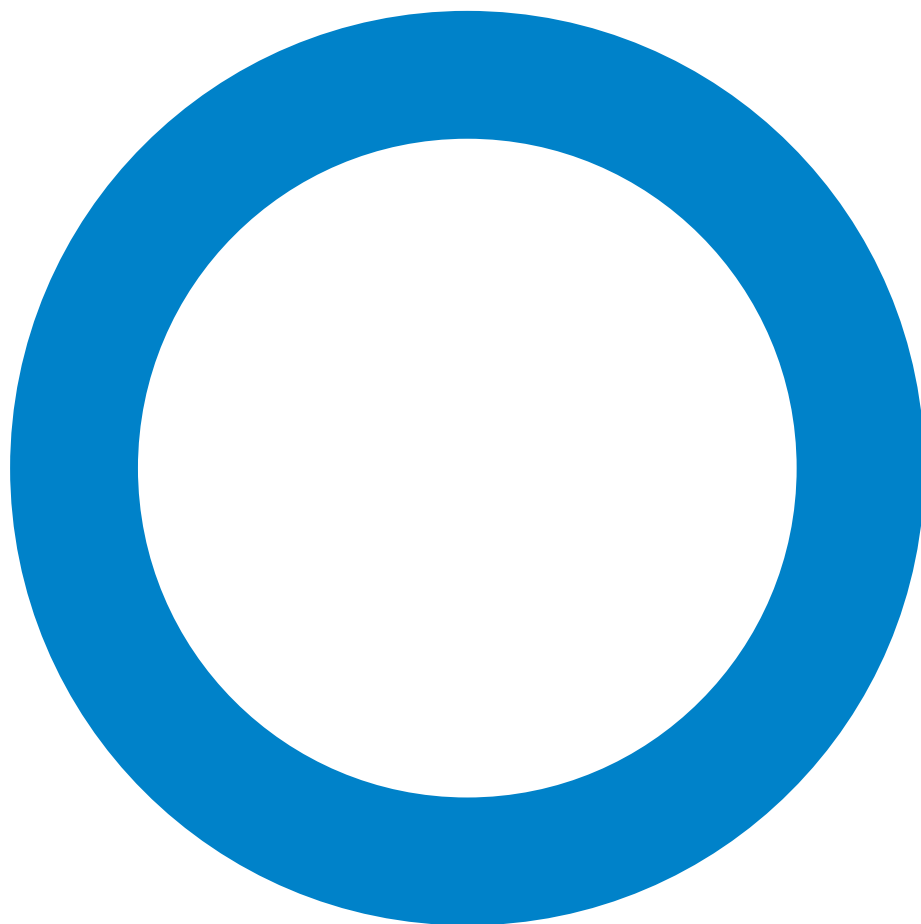
- Exercising
- Eating Right
- Seeing your healthcare provider
- Getting your eyes checked

Vineet Gupta, MD, has been a family doctor for more than 10 years and is currently practicing at the Yuba City Primary Care and Diabetes Clinic, Inc. in Yuba City.

She attended medical school in India and graduated from the University College of Medical Sciences, Delhi, India. Her residency in Pediatrics was in Delhi, India. Her Family Medicine Residency is from Underwood Memorial Hospital in New Jersey.

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World Diabetes Day is a global awareness campaign that's celebrated every year on Nov. 14. Landmarks and monuments across the world are lit in blue to create a united voice for Diabetes Awareness. The blue circle above is the logo for World Diabetes Day.



Space is limited.

**RSVP is required
by calling 751-4245**

In compliance with the American with Disabilities Act, the meeting room is wheelchair accessible and accessible parking is available. If you have a disability and require a disability-related modification or accommodation to participate in the meeting, please contact Deanne Armstrong at 530 751-4247. As a courtesy, please make request at least 72 hrs in advance. Please refrain from using scented products.

About Community Health Education (CHE)

Fremont-Rideout Health Group's Community Health Education program provides a variety of classes, seminars, support groups and events to help the residents of the Yuba-Sutter communities to improve and maintain their health and lifestyle.

 **THE FREMONT-RIDEOUT
HEALTH GROUP**
For all of you. For all of your life.

989 Plumas St., Yuba City, CA 95991 | www.FRHG.org