

Live a healthier & happier life.

Register For Free Living Well With Better Nutrition/Diabetes Classes.

It has been proven that being healthy leads to greater happiness. At Mercy Medical Center Redding and St. Elizabeth Community Hospital, we take that to heart. In our respective Wound Healing Centers, we now offer monthly classes for those with diabetes, heart disease and more. If you want to learn how to live a healthier, happier life, join us. Topics will include:

- Blood Glucose Monitoring
- Complications of High & Low Blood Sugar
- Coronary Artery Disease
- Diabetes
- Foot Care
- Medications
- Weight loss: meal planning, portion sizes, exercise and more

To register, call 888.628.1948 or visit mercy.org and click on “Classes & Events”.



Dignity Health™
Mercy Medical Center
Redding

Auditorium A & B
2175 Rosaline Avenue
Redding, CA 96001

6 pm – 8 pm

Instructed by Kendra Schapansky, RD
& Tammy Fuller, RN

Enter through the main entrance and take the 1st elevator to the “Lower Level”. Parking is available in front of the main entrance or in the parking structure.

- Feb 5 & 12
- April 2 & 9
- June 4 & 11
- August 6 & 13
- October 1 & 8
- December 3 & 10

1st class provides information for those with diabetes.

2nd class provides a general overview for those wanting to learn more about better nutrition habits.



Dignity Health™
St. Elizabeth Community Hospital

Coyne Center in the Columbia Room
2550 Sister Mary Columba Drive
Red Bluff, CA 96080

1 pm – 5 pm

Education provided by a Registered Dietitian & Tammy Fuller, RN

Located across the road from the main entrance with parking both in the front and to the side.

- January 31
- March 28
- May 30
- July 25
- Sep 26
- Nov 28

1st portion of class provides a general overview for those wanting to learn more about better nutrition habits.

2nd portion of class provides information for those with diabetes.

Diabetes Support Group

6:30 pm – 8:30 pm

Education provided by a Registered Dietitian

- February 5th
- March 5th
- April 2nd
- May 7th
- June 4th
- August 6th
- October 1st
- November 5th
- December 3rd

2018 Calendar

Hello
humankindness™