

## Southern Region Diabetes and Chronic Health Conditions Educational Opportunities

<b>Marin County Diabetes Education</b>					
Organization & Location	Contact	Class Description	Dates	Times	Fees & Guidelines
<p>Marin Community Clinics 6100 Redwood Blvd. Novato, 94945</p> <p>250 Bon Air Road Greenbrae, 94904</p> <p>3110 Kerner Blvd San Rafael, 94901</p>	415-448-1500	<p>Diabetes Management</p> <p>In addition, all patients have access to podiatry &amp; optometry services. Through a county grant, services are at no cost to uninsured diabetic patients with financial need.</p>	call for current schedule	all locations 1:15 - 4:00p	Fees covered for those with Medi-Medi Medicare only - \$37 co-pay
<p>Prima Medical Foundation Meritage Medical Network</p> <p>Location for classes: Marin General Hospital 250 Bon Air Road Greenbrae, CA</p>	<p>Instructor Allison Furchner-Evanson, MS, RD</p> <p>415-884-1875</p>	<p>Living Well With Diabetes - Diabetes Self Care</p> <p>Learn about medications, blood glucose monitoring, diet and exercise.</p>	call for current schedule	6:00 - 8:00p	\$20 per class unless a member of Meritage Medical Network
Prima Medical Foundation	415-884-1875	<p>Downloadable Diet &amp; Plan <a href="http://www.primamedgroup.com/education">http://www.primamedgroup.com/education</a></p>	Call to speak with a nurse	Call for more Information	FREE

Meritage Medical Network		Free Diabetes Control Network 24-month series of newsletters sent directly to the home.	about classes & groups		
Lift Levántate 5520 Maze Dr., Bldg. 1 Novato, CA 94949	415-507-1564 info@lift-lavantate.org www.LIFT-Levantate.org	Classes are in Spanish only 7 Healthcare Behaviors for Diabetes Management & Nutrition	call for current schedule	1:30 - 4:30p	FREE
Lift Levántate 3240 Kerner Blvd., Rm 110 San Rafael, CA 94901	415-507-1564 info@lift-lavantate.org www.LIFT-Levantate.org	Classes are in Spanish only 7 Healthcare Behaviors for Diabetes Management & Nutrition	call for current schedule	6:00 - 8:00p	FREE

<b>Mendocino County Diabetes Education</b>					
<b>Organization &amp; Location</b>	<b>Contact</b>	<b>Class Description</b>	<b>Dates</b>	<b>Times</b>	<b>Fees &amp; Guidelines</b>
Ukiah Valley Medical Center (UVMC) Glenn Miller Conference Room 275 Hospital Drive Ukiah, 95482	Linda Ayotte, RD 707-463-7527 Health Classes & Events 707-462-3111	Diabetes Ed Support Group	Meets 2nd Monday of every month	6:30 - 7:30p	FREE Open to Public
Ukiah Valley Medical Center (UVMC) OB Conference Room 275 Hospital Drive Ukiah, 95482	Linda Ayotte, RD 707-463-7527 Health Classes & Events 707-462-3111	Diabetes Class	Ongoing Class	Call for Information	Ongoing Class is FREE There is a charge for the initial assessment visit Accepts Medi-Cal & Medicare

					Scholarships are available for the uninsured
Ukiah Valley Medical Center (UVMC) 415 Hospital Drive Ukiah, 95482	Linda Ayotte, RD 707-463-7527 Health Classes & Events 707-462-3111	Diabetes Support for Women with Gestational Diabetes (during pregnancy)	1-on-1 visits throughout pregnancy	Call for Information	Accepts Medi-Cal & Medicare
Mendocino Coast District Hospital, Redwoods Room 700 River Drive Fort Bragg, CA	Jackie Newell, RN 707-961-4631	Diabetic Support Group - For diabetics, pre-diabetics, their families, friends, and caregivers	Meets on the 4th Saturday of the Month	10:30 am - 12:00p	Call for Information
Frank R. Howard Memorial Hospital One Madrone Street Willits, CA 95490 Eleven Oaks Conference Room	Annie Dogali, RD, CDE 707-456-3132 anne.dogali@ah.org	Diabetes Support Group "Hot Topics and Diabetes" Guest speaker and different topic each month	Meets the 3rd Thursday of the Month	6:30 pm - 7:30 pm	FREE Open to Public <u>Please call to RSVP</u>

### Napa County Diabetes Education

Organization & Location	Contact	Class Description	Dates	Times	Fees & Guidelines
Queen of the Valley Wellness Center	Samantha 707-252-4411 x2391	Diabetes Self-Management - Is done on an individual basis: 1-on-1 appointment with Nutritionist	Call for more information		Covered by Medicare & Medi-Cal
Ole Health	707-254-1770 www.clinicole.org	Comprehensive education program offering a variety	Talk to your physician about the Diabetes	Call for more information	FREE Covered by Medicare &

1141 Pear Tree Lane Napa, 94558		of healthcare options for its Diabetes patients. <b>** SPANISH &amp; ENGLISH</b>	Education Program which includes classes & support		Medi-Cal For Clinic Ole Patients only
Area Agency on Aging (AAOA) Vallejo	To register contact Milinda Milindaq@aaans.org	D.E.E.P. – How to work with diabetes using visual and hands-on exploration. <b>IN SPANISH</b>	2017 Jan 24 – Feb 28 (Tuesdays) Family Apartments Complex 1713 Washington St. Calistoga, CA	12:00 – 2:00p	FREE
Area Agency on Aging (AAOA) Vallejo	To register contact Joan Wellington <a href="mailto:Joan.wellington@calvet.ca.gov">Joan.wellington@calvet.ca.gov</a>	D.E.E.P. – How to work with diabetes using visual and hands-on exploration.	2017 Mar 2 – Apr 6 (Thursdays) Yountville Veteran's Home	9:00 – 11:00a	FREE
Area Agency on Aging (AAOA) Vallejo	To register contact Meryll Gobler (707) 341-3185	D.E.E.P. – How to work with diabetes using visual and hands-on exploration.	2017 Apr 4 – May 9 (Tuesdays) Rohlffs Manor 2400 Fair Drive Napa	1:30-3:30p	FREE
Area Agency on Aging (AAOA) Vallejo	Call to register (707) 429-3511 <a href="http://www.aaans.org/napa-solano">www.aaans.org/napa-solano</a> <a href="http://www.cahealthierliving.org">www.cahealthierliving.org</a>	Healthier Living Self-Management Program – This workshop is for adults, 18 and over, with a chronic health condition such as heart disease, arthritis, diabetes, recovery and other chronic disease. <b>IN SPANISH</b>	2017 Mar 7 – Apr 11 (Tuesdays) 188 E. Alaska Street Fairfield, 94533	2:00 – 4:00p	FREE Space is limited

### Solano County Diabetes Education

Organization	Contact	Class Descriptions	Dates	Times	Fees & Guidelines
<p>Sutter Solano Medical Center 100 Hospital Dr. – Vallejo Cancer Center Boardroom</p>	<p>Patti Moon, RD, CDE 707-554-5288 pinkerp@sutterhealth.org</p>	<p>Diabetes The Next Steps for Better Control **Class teaches blood sugar monitoring, understanding 11c, meal planning and exercise, and types of medication that help manage blood sugar</p>	<p>First Monday of each month</p>	<p>3:00 – 4:30p</p>	<p>FREE</p>
<p>Sutter Medical Foundation 2720 Low Court Fairfield, 94534</p>	<p>Patient Education Representative 916-774-8885 877-899-8766</p>	<p>The Diabetes Education class is a 5-Part Series that includes: Initial assessment with Registered Dietitian + 4 classes with RN or RD Educators</p>	<p>By Appointment Only (Must have physician referral)</p>	<p>Call for appointment</p>	<p>Diabetes Education Classes Open to PHC patients assigned to Sutter Medical only.  PHC members receive initial assessment + 4 classes.</p>
<p>Community Medical Center, Inc 600 Nut Tree Road Vacaville, 95687</p>	<p>707-359-1800</p>	<p>Diabetes Education Classes &amp; Support Classes taught on individual basis (1-on-1).  No group classes available. -Meet with Health Educator  **Glucometers with some supplies available for the uninsured.</p>	<p>Tuesdays &amp; Thursdays By appointment only</p>	<p>Call for appointment</p>	<p>FREE to those Covered by Medicare &amp; Medi-Cal  Sliding scale for the uninsured</p>

<p>Dixon Family Practice Community Medical Center, Inc 131 West A St., Ste. 1 Dixon, 95620</p>	<p>707-635-1600</p>	<p>Diabetes Education Classes &amp; Support Classes taught on individual basis (1-on-1).  No group classes available. -Meet with Health Educator  **Glucometers with some supplies available for the uninsured.</p>	<p>Tuesdays &amp; Thursdays By appointment only</p>	<p>Call for appointment</p>	<p>FREE to those Covered by Medicare &amp; Medi-Cal  Sliding scale for the uninsured</p>
<p>Diabetes Support Group Starbucks Davis Street Vacaville, 95688</p>	<p>Maria Coffin, Volunteer Support Group Coordinator 707-449-4117</p>	<p>Diabetes Support Group for Diabetes Type I</p>	<p>Call Maria for more information</p>	<p>Call for more information</p>	<p>FREE Open to Public</p>
<p>Touro University Student-Run Clinic Norman C. King Community Center 545 Magazine Street Vallejo, 94590</p>	<p>707-653-6331 <a href="http://www.tourofreesclinic.org">www.tourofreesclinic.org</a></p>	<p>Diabetes Classes for newly diagnosed and Diabetes Type 2</p>	<p>Every Thursday</p>	<p>6:30 – 7:30 pm</p>	<p>FREE Open to Public</p>
<p>Solano County Public Health Services</p>	<p>Call Amy (707) 784-8063 <a href="http://www.vibesolano.com">www.vibesolano.com</a></p>	<p>Healthier Living Workshop Adults, 18 and over, with chronic health conditions such as arthritis, heart disease, diabetes, high blood pressure, lung disease, depression, etc.</p>	<p>2017 Jan 14 – Feb 18 (Saturdays) McBride Senior Center, Vacaville</p>	<p>10:00 – 12:30p</p>	<p>FREE</p>
<p>Solano County Public Health Services</p>	<p>Call GVRD (707) 648-5318 <a href="http://www.vibsolano.com">www.vibsolano.com</a></p>	<p>Healthier Living Workshop Adults, 18 and over, with chronic health conditions such as arthritis, heart disease, diabetes, high blood pressure, lung disease, depression, etc.</p>	<p>2017 Mar 2 – Apr 6 (Thursdays) Vallejo Community Center</p>	<p>5:00 – 7:30p</p>	<p>FREE</p>

			225 Amador St. Clubroom		
Solano County Public Health Services	Call GVRD (707) 648-5318 www.vibesolano.com	National Diabetes Prevention Program – Help reduce your risk of developing type 2 diabetes, heart disease, stroke, high blood pressure, high cholesterol	Yearlong program starting Jan 25, 2017 Vallejo Community Center, Teen Room 225 Amador St.	5:30 – 6:30p	FREE

Sonoma County Diabetes Education					
Organization & Location	Contact	Class Description	Dates	Times	Fees & Guidelines
N California Center for Well-Being (NCCWB) 101 Brookwood Avenue, Suite A Santa Rosa, 95404	707-575-6043 info@nccwb.org www.norcalwellbeing.org	Preventing Diabetes and Heart Disease: Learn what you can do through food choices, exercise and lifestyle changes to reduce your risk of heart disease and diabetes. Series is four 2.5-hour classes Instructors: Joan Gates, RD, MPH, MS, Joyce Giammattei, DrPH, RD, CDE, CHES	2017 Jan 18 Feb 22	Mondays 6:00 - 8:15p 6:00 – 8:15p	FREE Fee-for- service. <u>Fees</u> <u>are covered</u> <u>for PHC</u> <u>members.</u> Sliding scale & scholarships available. Pre- registration is required.

<p>N California Center for Well-Being (NCCWB) 101 Brookwood Avenue, Suite A Santa Rosa, 95404</p>	<p>707-575-6043 info@nccwb.org www.norcalwellbeing.org</p>	<p>Living well with Diabetes: Learn to manage diabetes, prevent complications and improve your health and well-being. Series include a one-hour visit with a diabetes educator, four 2.5-hour classes and a follow-up refresher class. Instructors: Nora Bulloch, MPH, MA, RD, Andy Skrypka, RD, CDE, Joan Gates, Mary McDonnell, MSN, RD, CDE, Joyce Giammattei, DrPH</p>	<p>2017 Jan 9 Jan 23</p>	<p>Mondays 3:00 - 5:15p 6:00 - 8:15p</p>	<p>FREE Fee-for-service. <u>Fees are covered for PHC members.</u> Sliding scale &amp; scholarships available. Pre-registration is required.</p>
<p>N California Center for Well-Being (NCCWB) 101 Brookwood Avenue, Suite A Santa Rosa, 95404</p>	<p>707-575-6043 info@nccwb.org www.norcalwellbeing.org</p>	<p>Diabetes Meal Planning Each series is a six-week in-depth nutrition class covering the effects of carbohydrates, proteins, and fats on blood sugar level, individualized meal planning, carbohydrate counting, and calculating your calorie and carbohydrate needs. Instructors: Nora Bulloch, Joan Gates, RD, MPH, MS</p>	<p>2017 Jun 13 Aug 1</p>	<p>Mondays 3:00 – 4:30p 6:00 - 7:30p</p>	<p>FREE Fee-for-service. <u>Fees are covered for PHC members.</u> Sliding scale &amp; scholarships available. Pre-registration is required.</p>
<p>N California Center for Well-Being (NCCWB) 101 Brookwood Avenue, Suite A Santa Rosa, 95404</p>	<p>707-575-6043 info@nccwb.org www.norcalwellbeing.org</p>	<p>Diabetes y Su Salud Instructors: Nieves Douglas RN Kathie Myers, RN  SPANISH</p>	<p>2017 Jan 25</p>	<p>Tuesdays 6:00 - 8:30p</p>	<p>FREE Fee-for-service. <u>Fees are covered for PHC members.</u> Sliding scale &amp; scholarships</p>



					available. Pre- registration is required.
N California Center for Well-Being (NCCWB) 101 Brookwood Avenue, Suite A Santa Rosa, 95404	707-575-6043 info@nccwb.org www.norcalwellbeing.org	Diabetes Support Group For those who have diabetes can talk about concerns in a caring and supportive atmosphere. Instructor: Andy Skrypka, RD, CDE	4 <sup>th</sup> Tuesday of the month	3:00 – 4:30p	Free
Sonoma County Indian Health Project 144 Stony Pt. Road Santa Rosa, 95401	707-521-4502	Diabetes Management, Pre-Diabetes Program	Call for more information	Call for more information	FREE Native Americans Only
Southwest Comm Health Center 751 Lombardi Court Santa Rosa, 95407	707-547-2222	Diabetes Management Education & 1-on- 1 Support	Every Tuesday	5:00 - 7:00 pm	Cost is \$5.00
Southwest Comm Health Center 751 Lombardi Court Santa Rosa, 95407	707-547-2222	High BMI Prevention Focus is on children & their families	Every Tuesday & Thursday	6:00 - 8:00 pm	FREE for those with Medi-Cal

<p>Southwest Comm Health Center 751 Lombardi Court Santa Rosa, 95407</p>	<p>707-547-2222</p>	<p>Diabetes Case Management on an Individual basis (1-on-1) with a physician &amp; nurse</p>	<p>Call for more information</p>	<p>by appointment only</p>	<p>FREE for those with Medi-Cal</p>
<p>Vista Family Health Center 3569 Round Barn Circle Santa Rosa, CA 95403</p>	<p>707-303-3600</p>	<p>Well-being Group - Diabetes Must be referred by primary care physician</p>	<p>Call for more information</p>	<p>by referral only</p>	<p>FREE for Vista and PHC members Sliding scale for all others</p>
<p>Prima Medical Foundation Meritage Medical Network</p> <p>Location for classes: Sonoma Valley Hospital 347 Andrieux St. Sonoma, CA (Schantz Room)</p>	<p>Instructor Joyce Giammattei, DRPH, RD, CDE 415-884-1875</p>	<p>Living Well With Diabetes - Diabetes Self Care Learn about medications, blood glucose monitoring, diet and exercise.</p>	<p>Call for current schedule</p>	<p>5:00 - 7:00p</p>	<p>\$20 per class unless a member of Meritage Medical Network</p>
<p>Prima Medical Foundation Meritage Medical Network</p> <p>Class Location Annadel Medical</p>	<p>Instructor Joyce Giammattei, DRPH, RD, CDE 415-884-1875</p>	<p>Living Well With Diabetes - Diabetes Self Care Learn about medications, blood glucose monitoring, diet and exercise.</p>	<p>Call for current schedule</p>	<p>5:00 - 7:00p</p>	<p>\$20 per class unless a member of Meritage Medical Network</p>

Building 500 Doyle Park Dr., Suite 105 Santa Rosa					
Prima Medical Foundation Meritage Medical Network	415-884-1875	Downloadable Diet & Plan <a href="http://www.primamedgroup.com/education">http://www.primamedgroup.com/education</a>  Free Diabetes Control Network 24-month series of newsletters sent directly to the home	Call to speak with a nurse about classes & groups	Call for more Information	FREE

<b>Yolo County Diabetes Education</b>					
<b>Organization &amp; Location</b>	<b>Contact</b>	<b>Class Description</b>	<b>Dates</b>	<b>Times</b>	<b>Fees &amp; Guidelines</b>
Holy Rosary Church 315 Walnut St. Woodland, 95695	530-669-5531	SPANISH SPEAKING ONLY Diabetes Support Group Chronic Disease Support Group Instructor: Herman Varela  Support Group will vary depending on the number of participants	2017 Jan 24 - Feb 14 Mar 7 - Apr 11 May 2 – Jun 6 Jun 27 – Aug 1 Aug 22 – Sep 26 Oct 3 – Nov 7	Tuesdays – 6:00 - 8:30p	FREE Open to Public
Hansen Family Health Center 215 West Beamer St. Woodland, 95695	Javier Norega 530-758-1510 ext. 1437	Community Health Education Outreach Program (CHEOP). No specific classes offered. Physicians refer patients to Nutritionist for one-on-one consultation.	Talk to your Physician or call the number listed for information	Call for more information	FREE Covered by Medicare & Medi-Cal
Davis Community Clinic	Javier Norega 530-758-1510 ext. 1437	Community Health Education Outreach Program (CHEOP)	Talk to your Physician or call the number	Call for more information	FREE Covered by

2051 John Jones Rd Davis, 95616		No specific classes offered. Physicians refer patients to Nutritionist for one-on-one consultation.	listed for information		Medicare & Medi-Cal
Salud Clinic 500 B Jefferson Blvd, Ste. 180 W. Sacramento, 95605	Javier Norega 530-758-1510 ext. 1437	Community Health Education Outreach Program (CHEOP) No specific classes offered. Physicians refer patients to Nutritionist for one-on-one consultation.	Talk to your Physician or call the number listed for information	Call for more information	FREE Covered by Medicare & Medi-Cal
Woodland Medical Office Bldg. 632 West Gibson Rd Woodland, 95695	Jean Dorris, RN, CDE Darlene Isbell, RD Jamie Green, NP 530-668-2650 ext. 6401 www.woodlandhealthcare.org Classes & Events	Diabetes Group Education Information presented in a group setting includes: - Diabetes disease management - blood sugar monitoring - nutrition - exercise & weight management - medications purpose & lab values	Wednesdays	2:45 - 5:00p	FREE For those covered by Medi-Cal & Medicare. Must be referred by physician or call Jean Dorris for more information.
Woodland Medical Office Bldg. 632 West Gibson Rd Woodland, 95695	Jean Dorris, RN, CDE / Darlene Isbell, RD 530-668-2650 ext. 6401 www.woodlandhealthcare.org Classes & Events	Individual Diabetic Education Appointments	Talk to your Physician or Call Jean Dorris / Darlene Isbell to schedule an appointment	Call to schedule an appointment	FREE For those covered by Medi-Cal & Medicare. Must be referred by physician or call Jean Dorris for more information.
Woodland Medical Office Bldg. 632 West Gibson	To register, call: Education Services 530-669-5540 www.woodlandhealthcare.org Classes & Events	Diabetes Education Classes in Spanish & English - six-week diabetic education series covering diet, exercise, meal	Call Education Services for more information	Call Education Services for more information	FREE Open to the community

Rd Woodland, 95695		planning, disease management, and glucose monitoring.			
Community Medical Cntr, Inc. 17050 S. Grafton St. Esparto, 95627	530-787-3454	Diabetes Education Classes & Support Classes taught on individual basis (1-on-1)  No group classes available. Meet with Health Educator  **Glucometers and some supplies available for the uninsured	By appointment only	Call for appointment	FREE to those Covered by Medicare & Medi-Cal  Sliding scale for the uninsured.
Sutter Davis Hospital 2000 Sutter Place Davis, 95616	Patient Education Representative 916-774-8885 877-899-8766	The Diabetes Education class is a 5-Part Series that includes: Initial assessment with Registered Dietitian + 4 classes with RN or RD Educators	By Appointment Only (Must have physician referral)	Call for appointment	Covered Benefit Diabetes Education Classes Open to PHC patient assigned to Sutter Medical only.  PHC members receive initial assessment + 4 classes.