

Diabetes Clinic

DIABETES



**Do you feel diabetes is controlling your life?
VALLEY REGIONAL MEDICAL CENTER IS HERE TO HELP
YOU TAKE CONTROL OF YOUR DIABETES AND:**

- Make sense of all the numbers
- Find time for activity and exercise
- Plan individualized meals
- Manage blood glucose levels
- Understand your medication
- Identify a plan to help you reach your goals
- Learn about insulin preparation and administration
- Learn to use a glucometer correctly

Join us at our next FREE Diabetes Education class which offers FREE glucose screenings, FREE blood pressure checks, and FREE meal planning.

Diabetes Clinic Hours of Operation

Mondays and Wednesdays
9:00 a.m. – Noon

Thursdays
3:00 p.m. – 6:00 p.m.

Saturday (by appointment only)
9:00 a.m. – Noon

To make an appointment for your FREE diabetes management classes please call 956.350.7312 or 956.350-7660.



VALLEY REGIONAL
Medical Center

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Brownsville, TX 78526
956.350.7000

ValleyRegionalMedicalCenter.com

DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM

AADE American Association
of Diabetes Educators