



SOUTH COAST MEDICAL CENTER
FOR NEW MEDICINE

GREAT CLASS FOR THE WHOLE FAMILY

PREVENT DIABETES

Did you know that 500,000 people die each year from diabetes complications, but half of the people who have diabetes are unaware that they have it???

Take steps **now** to avoid this serious medical condition by attending our Diabetes Prevention Class, given by our certified staff nutritionist, Liliana Partida.

In this 2-part course, you will learn to:

- Test and maintain healthy blood glucose levels
- Prevent diabetes through diet, exercise, stress management and supplementation
- Decrease your waistline and feel healthier and fitter than ever!

- Includes Metabolic/Body Fat Testing
- May be covered by your insurance plan – superbills will be provided for self-billing

Sign Up Today – Space is Limited

When: Tues, January 13 and Tues, January 27, 2009 @ 5:30pm

Duration: 90 minutes

Location: South Coast Medical Center for New Medicine
6 Hughes, Suite 100, Irvine, CA

Cost: \$99 for 2-week class

Ongoing 2- and 4-week programs

Enroll by phone: (949) 680-1880

Or sign up at our appointment desk

NOTE: An initial visit with Liliana is highly recommended to review your labs, establish ideal goals, assess body fat, and take blood pressure and body measurements.

Please contact the front office to schedule a half-hour consult prior to class. This consultation will be billed separately and may be covered by your insurance plan.