



Sierra Endocrine Associates

Medical Group

Endocrinology, Diabetology, & Metabolism

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Learn to Adjust Your Own Insulin

Anyone who takes insulin and is a patient of Sierra Endocrine Associates is invited to attend 4 classes to learn how to adjust their own insulin. The sessions are lead by a doctor or nurse practitioner and a dietitian. They cover carbohydrate counting, adjusting insulin, preventing complications, practical problem-solving and areas of current research.

Upcoming sessions are:

Wednesday evenings, March 5, 12, 19 and 26th

Tuesday evenings, April 8, 15, 22 and 29th

Thursday evenings, May 22, 29, June 12 and 19th

The sessions run from 6 to 8:30 PM at Sierra Endocrine Associates. Adult family members are also invited to attend at no charge. The classes are paid for by insurance, but normal co-payments will apply.

Ask your provider to register you for the classes. You will receive a letter confirming your reservation just before the next class. You can then attend that session or call to register for a future class series. Past participants have told us:

“You should make everyone attend these classes”...

“Now I feel I am in charge of my diabetes rather than it me.”

Note: Sessions may be rescheduled due to insufficient registration.