



Fitness for Blood Sugar Management

Every Wednesday

Time

9:30 am – 10:30 am

Location

Braden Diabetes Center
1100 South Eliseo, Suite 2
Greenbrae, CA 94904

Cost

\$15 for a drop-in class
\$50 monthly pass

The team at Braden Diabetes Center wants to accommodate you as much as possible. If you would like to participate, but are unavailable at this class time, please give us a call and let us know. We may be able to extend hours in the future.

SIGN UP NOW

CALL 1-415-925-7370 TO REGISTER AND GET MOVING!

Have you been told you need to be more physically active? If so, it's important to know exercise isn't just good for your overall health—it can actually help keep your blood sugar under control. **Fitness for Blood Sugar Management** is a special weekly class designed to help patients with diabetes move more to improve blood sugar management:

- This low-intensity class is appropriate for all levels, including those who are not used to regular exercise.
- You will learn how to safely improve your blood sugar through exercise.
- Class will be taught by our knowledgeable staff.
- A glucometer is available for any participants who want to test their blood sugar pre- and post-exercise to see the benefits!

Come dressed in loose, comfortable clothes and workout shoes.

