

Managing diabetes requires making lifestyle modifications, including monitoring blood sugar levels and modifying one's diet.

It is important for people who have diabetes or who have loved ones with diabetes to understand the disease and learn how to control the condition to prevent serious health complications.

"Keys to Living Well with Diabetes" is a free two-part diabetes management program being offered at 7 p.m. on Oct. 1 and 8 at Eden Medical Center, 20103 Lake Chabot Road, in Castro Valley.

The program provides information about blood glucose monitoring, nutritional guidelines, exercises and how to avoid complications such as hypo or hyperglycemia.

*For more information and to register for the program, call 1-888-445-8433.*

