



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs
Phone Number: **1.510.747.4577**
Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments
(CRS/TTY): **711/1.800.735.2929**
livehealthy@alamedaalliance.org

www.alamedaalliance.org

Dear Member,

At Alameda Alliance for Health (Alliance), we are your partner in health.

Thank you for your interest in **diabetes** classes and programs. Listed below are no-cost options to choose. To learn more or sign up, please call the program.

Alameda County Public Health – Chronic Disease Program

Offers classes and support groups. Classes are eight (8) weeks long, and two (2) hours per class. Support groups are held every other month and are two (2) hours per meeting. (English, Spanish)
Phone Number: **1.510.383.5185**
acphd.org/diabetes

Alta Bates Summit – Diabetes Center

3030 Telegraph Ave., Berkeley
Classes and one-on-one support.
Phone Number: **1.510.204.1081**

Bay Area Diabetes and Wellness Center

1904 Franklin St., Suite 250, Oakland
One-on-one support. (English, Cantonese)
Phone Number: **1.510.922.8208**

Eden Medical Center – Office of Diabetic Education

20103 Lake Chabot Rd., Castro Valley
Intro class series and one-on-one support.
Phone Number: **1.510.727.3032**

Washington Hospital – Diabetes Program

Outpatient Diabetes Center
1900 Mowry Ave., Fremont
Classes and one-on-one support.

Support Group and Seminar

2500 Mowry Ave., Fremont

1st Thursday of the month

From 8pm – 9pm

Diabetes Matters seminars are given by speakers every other month, one (1) hour before the support group at 7pm.

Phone Number: **1.510.818.6556**

To find out if your class offers interpreting services, or to make a request, please call the Alliance Member Services Department at **1.510.747.4567**. We hope these classes will help meet your health needs.

Best of health,
Alliance Health Programs