



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 here to be your partner in health.

Thank you for your recent interest in **diabetes** classes. Listed below are some classes to choose from. They are **no cost** to you as an Alliance member. To learn more or sign up, please call the program. Let them know you are an Alliance member and have your Alliance member ID card number ready.

Alameda County Public Health Diabetes Program

Oakland, San Leandro, Dublin, and Livermore

Offers classes and support groups. Diabetes classes are 8 weeks, 2 hours per class. Support groups are held every other month for 2 hours. English, Spanish, and other languages offered.

Phone Number: **1.510.383.5185**

Alta Bates Summit Diabetes Education Center

3030 Telegraph Ave., Berkeley

Diabetes classes and one-on-one support.

Phone Number: **1.510.204.1081**

Bay Area Diabetes and Wellness Center

1904 Franklin St., Suite 801, Oakland

Diabetes one-on-one support. Classes offered in English and Cantonese.

Phone Number: **1.510.922.8208**

Eden Medical Center

20103 Lake Chabot Rd., Castro Valley

Diabetes class, "Keys to Living Well with Diabetes," 2 sessions per class, 7 pm – 9 pm.

To schedule a class, please call Alliance Health Programs at **1.510.747.4577**.

Washington Hospital

3575 Beacon Ave., Fremont

Diabetes classes and one-on-one support.

Phone Number: **1.510.745.6556**

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