



Community Memorial Health System

Where Excellence Begins with Caring

Prediabetes

Have you been
told you have
“Prediabetes” or
“Metabolic
Syndrome”?

Free Info. class: First
Thursday of the month

5:30 to 6:30pm

CMHS Training Center

2809B Main Street, Ventura

(back entrance)

Call (805) 667-2818



DIABETESaware