

Sansum Clinic 215 Pesetas Lane (805) 681-7820 Appointment required Se requiere cita	SB Public Health Department 2 Locations – see below Appointment required Se requiere cita	Santa Barbara Neighborhood Clinics 3 Locations- see below (805) 963-8566 Appointment required Se requiere cita	Sansum Diabetes Research Institute 2219 Bath Street (805) 682-7638 x 214 Appointment <u>Not</u> Required No se requiere cita	Cottage Hospital 2 locations – see below Appointment required Se requiere cita
<p>Diabetes Blood Sugar Control Wednesday: 5:15-6:45pm 1/25 or 2/22 (\$10)</p> <p>Diabetes Basics Wednesdays: 5:15-6:45pm Jan. 11 & 18 or Feb. 8 & 15 (\$15) (2-part)</p> <p>Insulin Users Peer Group Thursday: 6:30-7:30pm 1/5 (Free)</p> <p>Pre-Diabetes Mon: 1/23: Noon – 1:30 pm or Wed: 2/29: 5:15 – 6:45 pm (\$10)</p>	<p><u>Santa Barbara PHD</u> 345 Camino del Remedio (805) 681-5260</p> <p>Pregnancy & Diabetes El Embarazo y Diabetes Every Tuesday Los Martes 1-5:00pm</p> <p>Adult Endocrinology Endocrinología Every Wednesday Los Miércoles 1-5:00pm</p> <p>Diabetes Education Clinic Educación de Diabetes Every Wednesday Los Miércoles 8:30-12:00pm</p> <p><u>Franklin Health Center</u> Diabetes Clinic Clinica de la Diabetes Every Tuesday Los Martes 8:00am-12:00pm</p>	<p>Nutrition & Diabetes Nutrición y Diabetes</p> <p><u>Eastside</u> 915 N. Milpas Mondays/Lunes: 9am-12:00pm & 1:30-5pm</p> <p><u>Westside</u> 628 W. Micheltorena Wednesdays/Miércoles: 9am-12:00pm & 1:30-5pm</p> <p><u>Isla Vista</u> 970 Embarcadero del Mar Fridays / Viernes: 9am-12:00pm & 1:30-5pm</p> <p><u>Pláticas en Español-Gratis</u> Group Classes in Spanish</p> <p>Eastside: 6:30-7:45pm Los Martes: Feb. 7-Mar 27</p> <p>Westside: 6:30-7:45pm Los Jueves: Feb. 9- Mar 29</p>	<p><u>Free Nutrition & Diabetes Classes</u></p> <p>Nutrition & Diabetes Every Thursday (Free) 12 Noon – 1pm</p> <p>Cooking with Diabetes Last Thursday of each Month with Chef Harold J. Welch: Jan. 26 & Feb 23 12 Noon – 1pm (Free)</p> <p>Provided by: Santa Barbara Diabetes Initiative</p> <p>Sansum Diabetes Research Institute (805) 682-7638 ext 214 www.sansum.org</p> 	<p><u>427 W. Pueblo St., Ste. B</u> (805) 569-8240 Diabetes Education Every Tuesday & Thursday 1-4:00 pm</p> <p><u>Goleta Valley</u> Ashton Education Center Diabetes Education Classes (805) 681-6441</p> <p>English- Tuesdays 1st Tues each month:10am 3rd Tues each month: 6pm 4th Tues each month:12noon</p> <p>En Español - Miércoles Segundo Miércoles de cada mes: 3:00pm</p> <p>In partnership with Santa Barbara Neighborhood Clinics</p> 

