



**Alameda Alliance for Health**

1240 South Loop Road  
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

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

**Disease Self-management Programs**

Classes and one-on-one support to learn how to care for your diabetes.

**Alta Bates Summit Diabetes Center**

(Interpreters offered.)

2450 Ashby Avenue., Berkeley (In-person, online)

Phone Number: **1.510.204.1081**

**Eden Medical Center – Office of Diabetic Education**

Introduction class series.

20101 Lake Chabot Rd., Castro Valley (Online)

Phone Number: **1.510.727.3032**

**Washington Hospital Diabetes Program**

(Interpreters offered.)

1900 Mowry Ave., Suite 305, Fremont (In-person, online)

Phone Number: **1.510.818.6556**

**www.whhs.com/diabetes**

**Classes and Support Groups**

**Diabetes Class**

**Alameda County Public Health Chronic Disease Program**

Class series to learn how to care for your diabetes. (Spanish interpreters available)

Various cities (In-person)

8-week class series, two (2) hours each class

Phone Number: **1.510.383.5185**

**www.acphd.org/diabetes**

**Diabetes Support Group**

### **Alameda County Public Health Chronic Disease Program**

Support groups to learn how to care for your diabetes.

Various cities (In-person, phone)  
Monthly, 10 am – 12 pm  
Phone Number: **1.510.383.5185**  
**[www.acphd.org/diabetes](http://www.acphd.org/diabetes)**

### **Diabetes Wellness Support Group**

#### **Stanford Health Care – Tri-Valley**

Peer support and education from a variety of health experts.

1<sup>st</sup> Wednesday of every other month, 12 pm – 1 pm (Online)  
Phone Number: **1.925.416.6720**  
**[stanfordhealthcare.org/tri-valley/support-groups.html](http://stanfordhealthcare.org/tri-valley/support-groups.html)**

### **Support Group and Seminar**

#### **Washington Hospital Diabetes Program**

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

2500 Mowry Ave., Fremont (Online)  
1<sup>st</sup> Monday of the month, 6 pm – 7 pm  
Phone Number: **1.510.818.6556**  
**[www.whhs.com/services/outpatient-diabetes-center/diabetes-matters](http://www.whhs.com/services/outpatient-diabetes-center/diabetes-matters)**

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department  
Phone Number: **1.510.747.4567**  
Toll-Free: **1.877.932.2738**  
People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

We hope these classes will help meet your health needs.

Best of Health,  
Alliance Health Programs

#### **Enclosed:**

- Notice of Nondiscrimination
- Language Assistance Services

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[Please include this statement for Alliance members with Medi-Cal Coverage: The California Department of Health Care Services (DHCS) Medi-Cal Managed Care Ombudsman can also help. You can call the Ombudsman Monday through Friday, between 8:00 a.m. and 5:00 p.m. at 1-888-452-8609.]