

My Healthy Plate



Eating Right and Healthy & Eating for People with Diabetes

Classes are for Deaf people who use sign language.

Class Schedule:

**Wednesdays
10 am to 11 am**

**March 5, 12, 26
April 2, 16, 30**

DHHSC Fresno Headquarters

For more information contact:

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Connect. Inspire. Succeed.

DHHSC

DEAF & HARD OF HEARING SERVICE CENTER

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