



www.UniteForDiabetesSJC.org

DIABETES SUPPORT GROUP

Support group classes are to learn, set goals and obtain tools to

Accomplish your goals for a healthier life. This support group will help you

Deal with issues of diabetes through avoiding lifelong complications.

Accomplished by increasing daily activities, learning to take your

Medications properly, and overcoming depression, frustration and feeling alone.

Each month there will be resources including dietitians, doctors, pharmacists and literature is available to assist you. KNOWLEDGE IS POWER.

This is a FREE program (no registration is required), monthly meetings will be held at

St. Joseph's Medical Center in the basement Classroom 3. Classes scheduled

On the third Wednesday of each month from 5:30pm-7pm.

July 16, August 20, September 17, and October 15, 2014.

Future speakers will tell us about avoiding complications of our eyes, feet, kidneys, heart, and teeth. An opportunity to speak with Pharmacist, licensed

Nutritionist and Physical Therapist to learn skills to deal with our Diabetes.

Any questions or comments call Susan M. Sanchez RN Certified Diabetes Educator: 662-9487.