

2DIABETES SUPPORT GROUP



Prevention & Medical Care
To Help You Live Better, Longer.

Share with others: thoughts and feelings about living with diabetes

Gain: healthy lifestyle tips and practical strategies for managing commonly experienced challenges.

Discuss: Current diabetes topics

Cooking: demos, share recipes

Led by Valley Medical Group Diabetes Educators

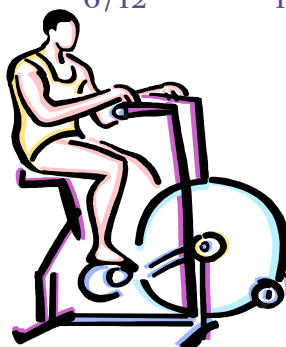
When:

- 2nd Wednesday of each month
- 6-7:00 p.m.
- On Zoom

2024: Mark your calendar for 2nd

Wednesday each month

| | |
|------|-------|
| 1/10 | 7/10 |
| 2/14 | 8/14 |
| 3/13 | 9/11 |
| 4/10 | 10/9 |
| 5/8 | 11/13 |
| 6/12 | 12/11 |



To participate contact one of your educators for the Zoom link:

Sarah: sanderson@vmgma.com

Margie: msobil@vmgma.com