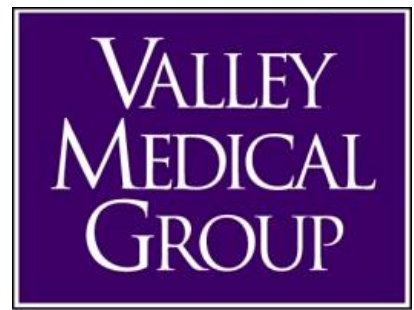


DIABETES SUPPORT GROUP



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

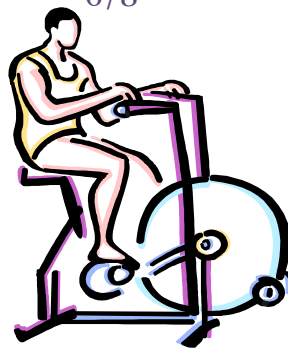
When:

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

2022: Mark your calendar for 2nd

Wednesday each month

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



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

Diane: dalpern@vmgma.com

Bonnie: bgrenier@vmgma.com

Sarah: sanderson@vmgma.com

Margie: msobil@vmgma.com