

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

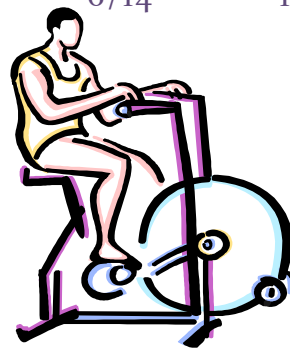
When:

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

2023: Mark your calendar for 2nd

Wednesday each month

1/11	7/12
2/8	8/09
3/8	9/13
4/12	10/11
5/10	11/8
6/14	12/13



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

Diane: dalpern@vmgma.com

Sarah: sanderson@vmgma.com

Margie: msobil@vmgma.com