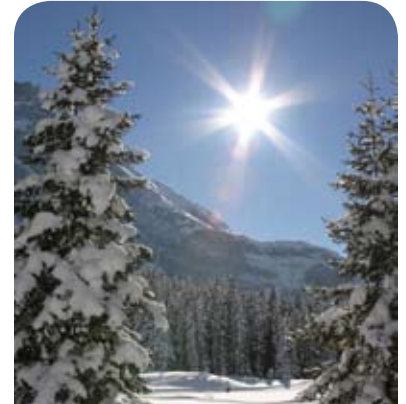


The Diabetes Support Group will be held on the second Tuesday of every month in the lower level conference room of Community Hospital from 1:30 to 2:30 p.m..

- January** **Cold Weather Activities to Keep You Moving in the Winter Months**
Marisa Hart, nutrition assistant
The support group will offer insight into the reasons, benefits and precautions for exercising with diabetes. It will also offer tips to stay safe during the winter months and give creative ideas for making winter exercise fun.
- February** **When Someone You Love Has Diabetes**
Dale Harris MS, LMFT
This one hour session will focus on the strains that living with diabetes or someone with diabetes may put on relationships as well as coping and communication tips to overcome related difficulties.
- March** **Tools Not Rules: Strategies for Managing Your Diabetes**
Dr. Carol Greenlee
Join endocrinologist, Carol Greenlee, as she presents useful strategies for simplifying the management of your diabetes.
- April** **Supermarket Savvy: Navigating the Grocery Store**
Christina Bybee, RD, CDE
Join our registered dietitian and certified diabetes educator for helpful tips to make your shopping experience more efficient and healthy while learning to navigate your grocery store, food labels and even your own pantry.
- May** **Activity Mosaic**
Community Hospital diabetes education team and physical activity specialists
Join our team as we kick off the summer with multiple vendors and activity educators to ensure a fun and active season.
- June** **Managing Your Medications**
Lynne Bigler RN, FNP
Overwhelmed by medications and research? Join us for this one hour session on the newest information and tips on managing your diabetes through the use of medications.



July **Terri's Traveling Tips for Diabetes**
Terri Thompson RN, CDE
Join our certified diabetes educator as she presents information on traveling tips that every person with diabetes should consider before heading out on vacation.

August **Back to Basics: Diabetes Self Care Practices to Avoid Complications**
Community Hospital diabetes education team
Continue exceptional control of your diabetes with this refresher course on the basics of diabetes care and lifestyle adjustments.

September **Dining Out**
Christina Bybee, RD, CDE & Terri Thompson RN, CDE
Learn to make healthy decisions while dining out without spoiling the fun.

October **Financial Matters**
Christina Bybee, RD, CDE
Keep your pocket book healthy while treating your diabetes.

November **Sick Day Rules**
Terri Thompson RN, CDE
Treating your diabetes is hard enough without adding in the seasonal cold or flu. Join Terri Thompson as she teaches how to make adjustments in your daily care that will keep you safe and on the road to recovery when faced with seasonal illnesses.

December **Holiday Party**
Community Hospital diabetes education team
Join our team as we celebrate the holidays in a healthy, happy way.

