



PROMEDICA ST LUKES HOSPITAL DIABETES SUPPORT GROUP

Meet Third Monday of EVERY
Month 6:30 – 7:30pm

SCHEDULE FOR 2012

JANUARY: Surviving a hospital stay: Be prepared!

FEBRUARY: Guided Imagery

MARCH: Footwear for people with diabetes

APRIL: Zumba Toning

MAY: Discussion with Dr. Moosa - Endocrinologist

JUNE: NO MEETING

JULY: Vitamin supplements and how they affect diabetes

AUGUST: Legal Issues Related to Healthcare

SEPTEMBER: Fats: The Good, Bad, and the Ugly

OCTOBER: Chair Yoga

NOVEMBER: Sleep Apnea

DECEMBER: Holiday Party