



## Diabetes Among Friends

2019 Schedule

### Diabetes Among Friends

5:30 p.m. - 7:30 p.m.

First Session - Individual with Dietician  
*(By appointment only)*

Jan. 14, 21, 28, Feb. 4  
Feb. 25, Mar. 4, 11, 18  
Apr. 1, 8, 15, 22  
Apr. 29, May 6, 13, 20  
June 3, 10, 17, 24  
July 8, 15, 22, 29  
Aug. 5, 12, 19, 26  
Sept. 9, 16, 23, 30  
Oct. 7, 14, 21, 28  
Nov. 4, 11, 18, 25

A four week diabetes prevention and self-management education program. Topics covered are Getting to Know Diabetes, Healthy Eating, Healthy Coping & Physical Activity, Diabetes Medications and Staying Healthy with Diabetes.

For more information,  
please call: 209-339-7609



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