



Diabetes Education and Support Group

2022 Meeting Schedule

5:30 - 7 pm • Cardiac Rehab

February 14 - *Reducing ASCVD - What You Can Control*

March 14 - *Diabetes Medications - What To Know*

April 11 - *How Exercise and Staying Active Benefits Me*

May 9 - *Traveling and Diabetes*

August 8 - *Why I Should Check My Blood Sugars*

September 12 - *Eye Health and Diabetes*

October 10 - *Protecting your Kidneys*

November 14 - *Celebration of the Holidays*

Masks are required and social distancing will be observed

Note: Meetings are subject to cancellation due to COVID-19

For more information or to register, contact
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