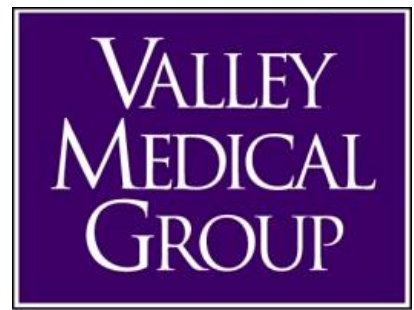


DIABETES SUPPORT GROUP



*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, every other month
- 6-7:00 p.m.
- On Zoom

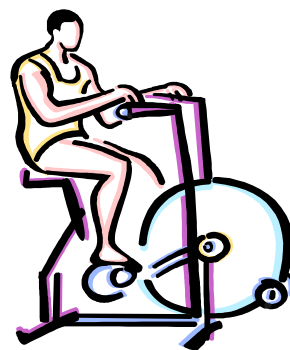
***2024: Mark your
calendar for 2nd***

Wednesdays:

September 11

and

November 13



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

Sarah: sanderson@vmgma.com

Margie: msobil@vmgma.com