

# 2018 Diabetes Support Group

**FREE**

Second Tuesday of Every Month  
6:00 – 7:00pm

January 9	Goal Setting – Christine Wozniak, RDN, CDE
February 13	Heart Healthy Living
March 13	Reducing Inflammation Through Diet – Julie Walenta, MPH, RDN
April 10	Living an Active Lifestyle
May 8	Health and Care of Your Skin – Reducing Diabetes Complications
June 12	Emotional Health
July 10	Travel Tips – Christine Wozniak, RDN, CDE
August 14	Dental Health
September 11	Mind Mapping – Julie Walenta, MPH, RDN
October 9	Chair Yoga
November 13	National Diabetes Month
December 11	TBD

Support Group is held in the HealthWorks Wellness & Fitness Center **Conference Room.**

607-937-4881



[www.guthriehealthworks.org](http://www.guthriehealthworks.org)

**HealthWorks**  
Wellness & Fitness Center

