

2019 Diabetes Support Group

FREE

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

January 8	Back to Basics: Carbohydrates
February 12	Emotional Health
March 12	Back to Basics: Protein
April 9	Setting Goals to Move More: Part 1
May 14	Back to Basics: Fat
June 11	Basics of Diabetes Skin Care: Dr. Vassell, MD
July 9	Setting Goals to Move More: Part 2
August 13	Dental Health
September 10	Diabetes over the Years: Debbi Tally
October 8	Eye Health
November 12	National Diabetes Month
December 10	Yearly Wrap-Up and Celebration

***Held in the HealthWorks Wellness & Fitness Center
Conference Room, no pre-registration necessary.***

For more information call 607-937-4881



www.guthriehealthworks.org

HealthWorks
Wellness & Fitness Center

