

DIABETES SUPPORT GROUP

2010 MEETING SCHEDULE

For more information, call KSB Center for Diabetes Management at 285-5973

- | | |
|--|---|
| Monday, JANUARY 11:
6:30 -- 8:30 p.m.
KSB Private Dining Room | DEALING WITH DEPRESSION –EFFECTS OF DIABETES
Speaker: Michael Hemmen, BS, MSW
Coordinators: |
| Monday, FEBRUARY 8:
6:30 – 8:30 P.M.
KSB Private Dining Room | EXERCISE: HEALTH MANAGEMENT FOR DIABETICS
Speaker: Lori Jarrett, P.T., MHSc, MTC
Coordinators: |
| Monday, MARCH 9:
6:30 -- 8:30 p.m.
KSB Private Dining Room | IT'S ON YOUR NERVES: CHIROPRACTIC & DIABETES
Speaker: Colin Baker, D.C.
Coordinators: |
| Monday, APRIL 12
6:30 – 8:30 p.m.
KSB Private Dining Room | STRESS RELIEF -- MASSAGE THERAPY & DIABETES
Speaker: Jill Johnson, LMP
Coordinators: |
| Monday, MAY 10
6:30 -- 8:30 p.m.
KSB Private Dining Room | DIABETES: SOCIAL, EMOTIONAL, & SPIRITUAL ASPECTS
Speaker: Rev., Dr. Vincent Marrantino
Coordinators: |
| Monday, JUNE 14
6:30 – 8:30 p.m.
KSB Private Dining Room | IT'S WHAT YOU EAT – NUTRITION FOR DIABETICS
Speaker: Gail Beck, R.D.
Coordinators: |
| Monday, JULY 12
6:30 – 8:30 p.m.
KSB Private Dining Room | DIABETES Q & A—A PANEL DISCUSSION
Speakers: pharmacists, dietitians, physicians, social services
Coordinators: |
| Monday, AUGUST 9
6:30 – 8:30 p.m.
KSB Private Dining Room | SHOP SMART FOR DIABETES
Speakers: Carrie Cassens, MS, RD, LDN
Coordinators: |
| Monday, SEPTEMBER 13
6:30 – 8:30 p.m.
KSB Private Dining Room | DIABETES MANAGEMENT – WHAT'S NEW
Speaker: Jennifer Wenzel-Wamhoff, PharmD, CDE
Coordinators: |
| Monday, OCTOBER 11
6:30 – 8:30 p.m.
KSB Private Dining Room | TAI CHI & YOGA – GENTLE EXERCISE FOR DIABETICS
Speaker: Ronna Wheeler, YMCA staff
Coordinators: |
| Monday, NOVEMBER 8
11:00 a.m. – 1:00 p.m. | CELEBRATING AMERICAN DIABETES MONTH
& WORLD DIABETES DAY
OPEN HOUSE -- KSB Center for Diabetes Management |
| Monday, DECEMBER 13
6:30 – 8:30 p.m.
KSB Private Dining Room | HOLIDAY PARTY – diabetics, their family & friends
Coordinators: |