

Living Smart Diabetes Self Management Program
 Education Program Recognized by the American Diabetes Association
 Tel: 941-624-4800 website : diabetesFL.com

FREE



**DIABETES SUPPORT GROUP
 2016 SCHEDULE - PORT CHARLOTTE**

TIME: 10:00am – 11:30am
WHEN: Every second Wednesday
WHERE: Central Plaza West- 21216 Olean Blvd, Suite 5
COST: Free.... come and bring a guest! No reservations needed
FORMAT: Lectures, games and sharing ideas

PAST TOPICS INCLUDED:

- Reducing your heart risk
- Protect your Vision
- Pharmacy/Medication update
- Insulin & pump therapy – why?
- Supermarket tour Winn Dixie, Promenades
- Exercises you can enjoy
- Stress Management
- Glucometers – what’s new
- Holiday Cooking & Recipes

2016 MEETING DATES:

January 13	February 10	March 09	April 13	May 11	June 08
July 13	August 10	Sept 14	October 12	November 9 (5 th health fair)	December 14

Health Fair 2016

Saturday Nov 05, 9:30am -12:30pm
 Place to be announced



FUN - GAMES - PRIZES - GREAT INFO