

DIABETES SUPPORT GROUP

Are you looking for suggestions and new ways to help manage your diabetes?

IF SO, THIS EDUCATIONAL SERIES AND SUPPORT GROUP IS FOR YOU!

Whether newly diagnosed or if you have had diabetes for many years, our support group can help you with your diabetes management. You will gain peer support and learn about healthy lifestyle habits.

In addition to the FREE support group, Knoxville Hospital & Clinics' Diabetes Center offers diabetes self-management education sessions, as well as medical nutrition therapy counseling, which may be billable to insurance.

REGISTRATION REQUIRED

Register at knoxvillehospital.org/services/diabetes-education/

When

4th Tuesday of each month
5:30-6:30 p.m.

Where

Knoxville Hospital & Clinics
Learning Center
1002 South Lincoln
Knoxville, IA 50138

Topics

Each month a variety of diabetes-related topics will be covered and discussed with your support group members. Some topics include:

- Meal planning tips and healthy recipes
- Ideas for easy and safe exercises
- Stress management and coping techniques
- Taking medication
- Understanding blood glucose readings
- Latest information and resources

For more information, contact:
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