

DIABETES SUPPORT GROUP CALENDAR

2009

The Diabetes Support Group is an education support group that is open to everyone with diabetes and their families. There is no charge to attend and no need to make a reservation. The Diabetes Support Group meets the third Monday of each month from 7:00pm to 8:30pm in the Goldstein Auditorium at Long Beach Medical Center. For more information, please call the Diabetes Education Center at Long Beach Medical Center at (516) 897-4354.

January 19, 2009 **HELP!!!** Good Beginnings are Ahead. The holidays are over. It's time to once again take control and update your coping skills.

February 23, 2009 "Diabetes Foot care!" Cary M. Golub, DPM, Podiatrist will instruct you on good foot care; so very important for people with diabetes.

March 16, 2009 March is National Nutrition Month. As requested by members of the Diabetes Support Group, a different U.S. Diabetes Conversation Map: "Diabetes and Healthy Eating" will be presented. Rachel Ferdinand, MS, RD, CDE, will lead this fun session. Space is limited for this program; reservations are required.

April 20, 2009 "Learn to Relax & Lower Your Blood Sugar" Learn relaxation techniques to decrease stress and to help you manage blood sugars. Speaker TBA.

May 18, 2009 "Lifestyle Habits—Are they working for you or against you?" Speaker: Elizabeth Egan, RN, CDE

June 15, 2009 Let's Get Moving! Exercise is an important component of good diabetes self-care. Meet on the boardwalk and see what a pleasant summer evening walk does for you.

July 2009 **NO MEETING FOR SUMMER VACATION**

August 17, 2009 How Sweet It Is! Ever wonder what "No Sugar Added" means or what all those things used to sweeten foods really are? Are they safe? Rachel Ferdinand, MS, RD, CDE, Director of the Diabetes Education Center will help clear up your confusion.

September 21, 2009 Topic TBA:

October 19, 2009 Topic TBA:

November 16, 2009 National Diabetes Month Topic TBA

December 2009 **NO MEETING ENJOY THE HOLIDAYS**