



## ADULT DIABETES SUPPORT GROUP

First Wednesday of the Month • 5:00 p.m. to 6:00 p.m.  
FHN Memorial Hospital, Lower Level Conference Dining Room

<b>January 3, 2024</b>	SMART Goals for the New Year
<b>February 7, 2024</b>	Diets: Glycemic Index, Keto, Atkins Guest Speaker: Nicole O'Sullivan FHN RD
<b>March 6, 2024</b>	Blood Glucose Monitoring and Diabetes Technology
<b>April 3, 2024</b>	Diabetes Medications
<b>May 1, 2024</b>	Diabetes and Mental Health Guest Speaker: Lynn Schweppe, NP
<b>June 5, 2024</b>	Daily Foot Care
<b>July 3, 2024</b>	Movement is Medicine
<b>August 7, 2024</b>	Vaccines, Infections and Diabetes Guest Speaker Margie Kochsmeier
<b>September 4, 2024</b>	Game Night
<b>October 2, 2024</b>	Heart Health
<b>November 6, 2024</b>	Navigating the Holidays and Travel Tips
<b>December 4, 2024</b>	Holiday Party

Meetings are facilitated by FHN Diabetes Educators if not specified otherwise. Participation is free for anyone in the general public who has diabetes, and no referral or advance registration is required.

For more information, call 815-599-6253.