



2025 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

- | | |
|--------------------|--|
| January 8 | Chiropractic
Guest Speaker: Dr. Mike, DC, Premier Chiropractic |
| February 5 | Stroke
Guest Speaker: Tracy Love, FHN Stroke Care Coordinator |
| March 5 | Diabetes: Building Self -Confidence |
| April 2 | Advance Directives |
| May 7 | Spiritual and Mental Health
Guest Speaker: Sean Huguenin, FHN Chaplain |
| June 4 | Diabetes Skin Care |
| July 2 | Medications
Guest Speaker: Brian Reusch, FHN Pharmacist |
| August 6 | Diabetes and Dental Care |
| September 3 | Sepsis
Guest Speaker: Tracy Love, RN |
| October 1 | Diabetes and Eye Care |
| November 5 | Healthy Eating and Holiday Time
Guest Speaker: Lara Meschewski MS, RD, LDN - Clinical Dietitian |
| December 3 | Game Night and 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.