



2010 Diabetes Education and Support Programs Centralia Campus

(Program topics may be subject to change)

<i>Date</i>	<i>Program</i>
January 12	New Years Resolution # 1 – Diabetes Control!
February 9	What Is The Link Between Heart and Diabetes?
March 9	Insulin Pens and Insulin Pumps
April 13	Understanding “Nutrition Labels”
May 11	Diabetes Medications
June 8	Nature’s Medicine – Physical Activity
July 13	Test Your Blood Sugar – Use the Results!
August 10	Diabetes Complications
September 14	The American Diabetes Association – Your Partner in Diabetes Care!
October 12	You Have the Power To Control Your Diabetes! – Learn How From An A1C Champion
November 9	Holiday Recipes and Games
December	No meeting – Happy Holidays!

All meetings will be held at 6:00 PM in the St. Mary’s Hospital Auditorium. For more information, contact the Diabetes Self-Management Education Program at 241-2708.