



2010 Diabetes Education and Support Programs Mt. Vernon Campus

(Program topics may be subject to change)

<i>Date</i>	<i>Program</i>
January 5	New Years Resolution # 1 – Diabetes Control!
February 2	What Is The Link Between Heart and Diabetes?
March 2	Insulin Pens and Insulin Pumps
April 6	Understanding “Nutrition Labels”
May 4	Diabetes Medications
June 1	Nature’s Medicine – Physical Activity
July 6	Test Your Blood Sugar – Use the Results!
August 3	Diabetes Complications
September 7	The American Diabetes Association – Your Partner in Diabetes Care!
October 5	You Have the Power To Control Your Diabetes! – Learn How From An A1C Champion
November 2	Holiday Recipes and Games
December	No meeting – Happy Holidays!

All meetings will be held at 7:00 PM in the Good Samaritan cafeteria. For more information, contact the Diabetes Self-Management Education Program at 241-2708.