

Southside Medical Center Presents: Free Group Diabetes Education

There is still plenty of time to join!

Remaining 2020 Class Dates

September

Wednesday September 9th
Part 1: Reducing Your Risk of Diabetic
Complications & Comorbidities
Part 2: The Physical Activity Factor

Wednesday September 23rd
Part 1: Grocery Store Guidance
Part 2: Rethink Your Drink

Wednesday November 11th
Part 1: Guided Meal Planning
—Preparing a Healthy Holiday Menu

Part 2: Diabetic Desserts
Wednesday November 18th
Coping Skills: Sideline Stress
& Seeking Support

November

October

Wednesday October 14th
Part 1: Committing to Your Care Plan
Part 2: The Art of Goal Setting
Wednesday October 28th

Part 1: Sick Days—Managing Your Diabetes
When You're not Feeling Well
Part 2: Self Care—Making Yourself &
Your Health a Priority

Wednesday December 16th
Part 1: Post Test / Acknowledgements
/ Commencement
Part 2: Celebrating Mindful Eating:
“The Sensual Side of Food”

December