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June 29, 2017

I wanted to share our upcoming diabetes education sessions and invite you to participate in a Diabetes Support Group. We will be having our first meeting on August 15, 2017 at the Laurel County Health Department conference room at 1:30-2:30. Snacks will be provided. The planned topics for the Support Group:

August 15th: “It’s a Walk in the Park” Plan for physical activity: building your kit;
(Bring walking shoes for short walk)

Sept 19th: Why Weight? And Other Monitoring

October 17th: On The Menu: Strategies for Healthy Eating

Nov. 14th: Mind Games

March 19th: My Motivation: Goals, Problem Solving, Avoiding Complications

April 17th: Grocery Store Tour (Must Register)

May 15th: STRESS: Handling holidays, vacations, special events

June 19th: ABC’s for Healthy Lifestyle

I hope that you might want to participate and please invite any family or friends that might benefit! Please contact me if you have any questions or suggestions.

Sincerely,

Lynnett Renner, MS, RD, LD