

EFM Diabetes Support Group 2019



March 13th: Introduction and Goal Setting

April 10th: Nutrition and Meal Planning for Better Blood Sugars

May 8th: Moving Your Body and Exercise Planning

June 12th: Diabetes Distress and Emotional Wellness

July 10th: Understanding Diabetes Medications

August 14th: Monitoring Your Body and Diabetes Technology

September 11th: Prevention and Management of Diabetes Complications

October 9th: Testimonies: Living with Diabetes

November 13th: Planning for the Holidays

December: No group; Happy Holidays!



Alicia Morrison, FNP

Diabetes Specialist



Lisa Tucker, LPN

Case Manager

Time: 4:00 PM-5:00 PM

Location: Family Practice (upstairs boardroom)

Light snacks provided