



2018 **DIABETES LEARNING GROUP SCHEDULE**

Free! No pre-registration required.

- | | |
|---------------------|---|
| April 11 | Sleep and your blood sugar |
| May 9 | Exercise and its effects on your blood sugar |
| June 13 | Advocating for yourself with family members and physicians:
<i>presented by Kate McKee, Patient Advocate</i> |
| September 12 | Advances in diabetes medications: <i>presented by pharmacist</i> |
| October 10 | Wound healing and foot care: <i>presented by wound care nurse</i> |
| November 14 | Holiday indulgences and balance – share diabetes friendly holiday recipes and treats |

Meets 2nd Wednesday evening:
6:30 to 8 p.m.,
Charles Donovan Board Room,
Ground Level, Hospital

Facilitator: Margaret Spinozzi, MS, RDN, LDN, CDE
610-327-7463



Pottstown Hospital

TOWER HEALTH

Advancing Health. Transforming Lives.