

## 2017 Diabetes Support Group Schedule

Memorial is hosting diabetes support groups in a variety of locations around our community. Please, join us for a monthly dose of positive discussion and fun activities to support living with diabetes. Mark your calendars and we will see you there!

**Tuesday    January 10                    5:30-7:00pm                    What type of gym should I join?**

Linda Crews, physical therapist, shares some tips on what types of gyms are available in the Springfield area and what you should be aware of when choosing.

Memorial SportsCare facility at the Kerasotes YMCA, 4550 West Iles Ave. Springfield, IL

**Tuesday    February 14                    5:30-6:30pm                    Celebrate Heart Health Month**

Discussing the risk of heart disease in people with diabetes & what you can do to decrease that risk. Memorial Weight Loss & Wellness, 932 N. Rutledge, 2<sup>nd</sup> Floor, Springfield, IL

**Tuesday    March 14                    5:30-6:30pm                    Can People with Diabetes eat sweets?**

We will discuss eating in a healthy balanced way and how to occasionally include sweets in your meal plan, like pie, since 3/14 is “pi day”!

County Market, 210 E. Carpenter Street, Springfield, IL

**Tuesday    April 11                    5:30-6:30pm                    Move Your Body and Relax Your Mind**

Come learn how modified yoga can help lower your stress and improve blood glucose control.

Kerasotes YMCA, 4550 West Iles, Springfield, IL

**Tuesday    May 9                    5:30-6:30pm                    Eye Health**

Discussing the risk of eye disease in people with diabetes & what you can do to decrease that risk.

Memorial Weight Loss & Wellness, 932 N. Rutledge, 2<sup>nd</sup> Floor, Springfield, IL

**Tuesday    June 13                    5:30-6:30pm                    Veggie Cooking Class**

Do you struggle to include vegetables in your diet, are you bored with your frozen bag of broccoli? Come learn about some other fun ways to prepare veggies and maybe try a new favorite!

Memorial Weight Loss & Wellness, 932 N. Rutledge, 2<sup>nd</sup> Floor, Springfield, IL

**Tuesday July 11 5:30-6:30pm Keeping cool with Summer Activity ideas**

Discussing activities that can be done inside or in the water to keep cool during the heat of summer.

Memorial Weight Loss & Wellness, 932 N. Rutledge, 2<sup>nd</sup> Floor, Springfield, IL

**Tuesday August 1 5:30-6:30pm Kidneys Healthy and diabetes**

*Note meeting is the 1<sup>st</sup> Tuesday in August, not 2<sup>nd</sup> Tuesday this month. We will discuss what you can do to keep your kidneys health when living with diabetes.*

Memorial Weight Loss & Wellness Center, 932 N. Rutledge, 2<sup>nd</sup> Floor, Springfield, IL

**Tuesday Sept. 12 5:30-6:30pm Let's Make Dinner ( \$)**

Don't know what to cook or how? Join us at Let's Make Dinner to prepare a few dishes that can fit in your meal plan. There is a minimal cost if you are actually preparing meals to take home.

Let's Make Dinner 2943 W. White Oaks Drive, Springfield

**Tuesday October 10 5:30-6:30pm Activity options for cooler weather**

We will review websites and DVD's that you can use in your home to help you stay active when it is too cold or wet to go outside for activity.

Memorial Weight Loss & Wellness Center, 932 N. Rutledge, 2<sup>nd</sup> Floor, Springfield, IL

**Tuesday November 14 4:30-7:00 Diabetes Month Special Event**

In honor of World Diabetes Day, the Prairie Diabetes Alliance of which Memorial is a member is hosting a free diabetes event for the community. More details closer to the event.

**Tuesday December 12 5:30-6:30pm Depression and diabetes**

Discussing the symptoms and treatment of depression which can be common in people with diabetes.

Memorial Weight Loss & Wellness Center, 932 N. Rutledge, 2<sup>nd</sup> Floor, Springfield, IL

**RSVP or questions: 588-2430, [locca.lori@mhsil.com](mailto:locca.lori@mhsil.com)**

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