

2019 Diabetes Support Group Schedule - Topics

Held at: Memorial Weight Loss & Wellness Center, 319 E. Madison, 2nd Floor, Springfield, IL

Tuesday January 8 5:30-6:30pm Accountability

Do you need help with your goals for the New Year? Guest speaker, Leah Brooks LCSW will lead the discussion on how do we hold ourselves accountable to the goals we set.

Tuesday February 12 5:30-6:30pm Chair /adaptive yoga

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

Tuesday March 12 5:30-6:30pm Kidney health/plant based food demo

National Kidney Month is observed during March. We will discuss ways to promote kidney health

Tuesday April 9 5:30-6:30pm Indoor activities/modifications for joint pain

Kim Madison PT will share her expertise on modifications for activity for those that may have joint pain & other indoor activities, come dressed to move!

Tuesday May 14 5:30-6:30pm Container gardening/ cooking demo

Discover how your home garden can help get your veggies in and help towards your healthy plate goals.

Tuesday June 11 5:30-6:30pm Outdoor activities

We'll work on problem-solving your everyday diabetes activity challenges and enjoy a walk to a nearby park- Union Square (weather permitting)

Tuesday July 9 5:30-6:30pm Know your numbers & reading labels I

Review how label reading can help you reach your health number targets.

Tuesday August 13 5:30-6:30pm Eye health month

Discuss risk factors and current treatments for eye health in people with diabetes.

Tuesday September 10 5:30-6:30pm Pharmacy review

Come join us for a discussion and review on current medications used in diabetes care.

Tuesday October 8 5:30-6:30pm Sleep Health

Come join us for a discussion about sleep health & its impact on blood suga

Tuesday November 12 5:30-6:30pm Special Event for diabetes month

For World Diabetes Day, Memorial and the Prairie Diabetes Alliance are co-hosting a free diabetes event for the community. Watch our Facebook and website for more details closer to the event.

Location to be determined

Tuesday December 10 5:30-6:30pm Holiday food make over

We will demonstrate some recipes that have been modified to make it diabetes-friendly. Bring some of your favorite recipes and we can discuss ways to make healthier versions.

For questions call 788-3948

Find us on Facebook : [Facebook.com/ MemorialWeightLossAndWellnessCenter](https://www.facebook.com/MemorialWeightLossAndWellnessCenter)