

LIVING WELL with Diabetes Support Group

Have you had diabetes for years, or just recently been diagnosed with the disease? Are you interested in the latest information on managing diabetes and maintaining your health? Local residents with diabetes, their spouses and caregivers are invited to join YRMC's Diabetes Support Group.

For more information please go to YRMCHHealthConnect.org and subscribe to receive email updates on our Living Well with Diabetes Support Group or call (928) 771-5794.



2018 MEETINGS

Meetings are held on the 3rd Tuesday of most months, in the YRMC Wellness Center, Community Education Room, 930 Division Street in Prescott, from 5:30 to 6:30 p.m.

JULY and AUGUST: No meeting

SEPTEMBER 18TH: Reducing Cardiac Risk Factors. Presented by Jill Potter, RN.

OCTOBER 16TH: Skin Care and Wound Prevention. Presented by Donna Hannah, OTR/L, CLT-LANA.

NOVEMBER 20TH: How do I Make Lasting Lifestyle Changes? Presented by Laura Rebach, M.Ed.

DECEMBER 18TH: No meeting
Happy Holidays!



www.YRMC.org

www.YRMCHHealthConnect.org



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