

Diabetic Support Group for Ottawa/Allegan Counties

First Thursday of each Month (Sept- May) 6:30 – 8:00 pm

REFRESHMENTS SERVED

This group is open to the public. Participants should be 18 years old and older with diabetes, family members, caretakers, health professionals, etc.

- | | |
|-------------|--|
| September 5 | Getting to know your health insurance: Which diabetic supplies are covered? (Medicare & Medicaid) |
| October 3 | Understanding medication: Talk with a pharmacist to help understand different prescriptions. Free A1C testing by Sharon Larkin, RN, CDE.
* To get the most out of this session, bring your current medication list. |
| November 7 | Get the most out of the foods you eat: Learn from a registered dietitian about the role nutrition plays in managing diabetes. |
| December 5 | Staying positive during the holidays –Christmas party!
Taking care of your mental health around the holidays; a counselor's tips. |
| February 6 | Love your teeth: how diabetes affects teeth, and how to properly care for them. Expert advice from a dental hygienist. |
| March 5 | Eye care: Learn about how diabetes can affect your eyes, and receive a free photo of your retina. |
| April 2 | Physical activity: Learn easy at home workouts using bands, & exercise balls. Learn how being active helps regulate blood sugar.
Presented by, Marissa Seymour, BS |
| May 7 | Foot care: Receive a free diabetic foot exam and learn how diabetes can affect feet. |

Group facilitators, Sharon Larkin, RN, CDE and Marissa Seymour, BS



*The Holland Free Health Clinic serves low-income, uninsured and underinsured adults.
Visit hfhclinic.org/eligibility to find out if you qualify.*