

**ARE YOU LIVING WITH PREDIABETES?  
TYPE 1 DIABETES? TYPE 2 DIABETES?**

If so, this support group is for you!

**Diabetes Support Group**

Kiva Room - Southwest Memorial Hospital

Second Tuesday of the month

3:00 P.M. - 4:30 P.M.

Contact 970-564-2275 for more information

We will review a different  
diabetes topic each month

Healthy Eating - including a monthly taste test

Being Active

Monitoring

Medications

Healthy Coping

Risk Reduction

Problem Solving

