

Diabetes Information Group



HSHS St. Clare Memorial Hospital and Prevea Health offer a monthly diabetic information group. The group hosts a series of presentations about how to live healthfully with diabetes. Diabetes is a disease that affects many areas of a person's daily life and these information sessions offer a variety of ideas to maintain and improve your health.

Diabetes medications — how do they work?

July 28, 2016 • 6 to 7 p.m.

Some diabetes medicines lower your fasting blood sugar, while others lower your blood sugar after meals. Your doctor may prescribe several medicines because they work on different parts of the body and may affect your blood sugar during different times of the day. Learn how diabetes medications work in your body.

Presenter: Donna Miller, APNP, Prevea Health

Mindful eating — regulating your food intake

Aug. 25, 2016 • 6 to 7 p.m.

Learn how to practice mindful eating every day.

Presenter: Rosalyn Haase, RD, CDE, Prevea Health

Know your numbers — do you know how to interpret your lab results?

Sept. 22, 2016 • 6 to 7 p.m.

Although you certainly can't and won't be expected to analyze the lab report when your test results come back, knowing a little bit about what your report says can be a way for you to more fully understand and take charge of your health.

Presenter: Christina Rogers, RD, CDE, Novo Nordisk

Open forum

Oct. 27, 2016 • 6 to 7 p.m.

Attend and ask any questions regarding the management of diabetes.

Presenter: Connie Bloedel, RD, CDE

Meetings are free of charge and open to anyone interested in learning more about living with diabetes.

Family members and friends are welcome to attend.

REGISTRATION IS NOT REQUIRED.

Information groups are held the fourth Thursday of the month, January through October, in the HSHS St. Clare Memorial Hospital Conference Center from 6 to 7 p.m.

one family



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