



## **Diabetes Self-Management Group Schedule**

**Thursdays 12-1pm**

**Location: 110 W 97<sup>th</sup> Street William F. Ryan Auditorium**

**Session 1: April 14, 2011**

Introduction to Self-Management

**Session 2: April 21, 2011**

Diabetes 101: Understanding Diabetes

**Session 3: April 28, 2011**

Medication Management

**Session 4: May 5, 2011**

Physical Activity and the Benefits of Exercise

**Session 5: May 12, 2011**

Monitoring Blood Glucose: Why is it important?

**Session 6: May 19, 2011**

Nutrition 101: Healthy Food Choices

**Session 7: May 26, 2011**

Nutrition 102: Healthy Food Choices Continued

**Session 8: June 2, 2011**

Diabetes 102: Mind and Body

The support group welcomes new members anytime. For more information or if you have questions contact:

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