

DIABETES SUPPORT GROUPS

GRANGEVILLE DIABETES SUPPORT GROUP

Trails Restaurant | 12:30 p.m.

October 17th - Welcome Back

Who are you and what can I eat?

November 21st - Foods to bring to a potluck

**December 19th - Balancing your plate to
keep your blood sugars low**

**January 16th - How does physical activity
change my blood sugars?**

Chair and indoor workouts

February 20th - Gut Health

March 20th - Diabetes Medications

**April 17th - Elevated Blood pressure and
diabetes, Kidney Health**

May 15th - Eye Health

I can see summer coming

June 19th - Saying Goodbye

Bring a snack to share



Classes are lead by:

**Anna Wren, RN, MSN,
Certified Diabetes Care and
Education Specialist**

anna.wren@kh.org | 208.962.2101

www.smh-cvh.org

St. Mary's Health & Clearwater Valley Health's Diabetes Support groups are designed to help those affected by Diabetes to gain helpful information, share their experiences and support each other.

Monthly Classes run through June and take place at **The Trails Restaurant**, 101 E Main St, Grangeville, ID 83530 at **12:30 p.m.**



St. Mary's Health



**Clearwater Valley
Health**