

DIABETES SUPPORT GROUPS

OROFINO DIABETES SUPPORT GROUP

Orofino Clinic Classroom | 4-5 p.m.
First Monday of Each Month

**December 2nd - Introductions; Navigating the
Holiday Season**

Sample lower carb snack alternatives

January 6th - A Fresh Start
SMART Goal Setting

February 3rd - Diabetes and Heart Health
Clinic provider will be a special guest speaker

March 3rd - What Can I Eat?
Diabetes meal plans for success

April 7th - Monitoring Blood Sugar
Benefits of a CGM

May 5th - “Diabetes Distress” and Mental Health
Guest Speaker: Michelle Sheffer, LSW, BHS
Taco bar dinner provided

June 2nd - Party in Orofino City Park Pavilion
Ways to stay active



Classes are lead by:

Clint Cullins, RDN, LDN

**Licensed & Registered
Dietitian Nutritionist**

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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 Orofino Clinic Classroom
1055 Riverside Ave., Orofino, ID 83544
at 12:30 p.m.



St. Mary's Health



**Clearwater Valley
Health**