



2012

Diabetes Education Updates

The goals are to offer information, resources, and support to people with Diabetes and the public.

● **FREE Community Resource** ●

- **Second Tuesday each month**
- **7:00pm-8:00pm at NCMC**
- **No need to register**

January 10 Room: Colonial	Topic: The Link Between Diabetes and Hearing Loss Speaker: Dr. Brittany Mathisen, CCC-A; Doctor of Audiology
February 14 Room: Colonial	Topic: Pattern Management – What do your blood sugars mean & what do you do with the information? Speaker: Ann Marie Lease, FNP - Endocrinology
*March 13 Room: Cardiac Kitchen	Topic: Nutrition Month – Cooking Demonstration Speaker: Joanne Randolph, RD (Cardiac Rehab Kitchen located at NCMC)
April 10 Room: Colonial	Topic: Community Wellness: Programs Offered, & Diabetes Resources Available Speaker: Roxanne Conant & Maggie Shawcross
May 8 Room: Colonial	Topic: Ron Baars, PharmD, CDE Speaker: Pharmacy Updates and Tips
June 12 Room: Colonial	Topic: Eating Out Tips & Tricks – bring a menu from your favorite restaurant Speaker: Teri Sieg, RD, CDE
July 10 Room: Colonial	Topic: “Taking Control” Speaker: A1C Champion – TBA
*August 14 Room: Cardiac Kitchen	Topic: “Reducing your Cardiac Risk Profile – Managing Diabetes and Maintaining Cardiac Health with the same food choices.” Speaker: Stephanie Tarry-Yoo MS, RD
September 11 Room: Colonial	Topic: Motivation/Coping Skills Speaker: Jennifer Kerr, MA, RD, CDE
October 9 Room: Colonial	Topic: Dr. Kennedy, DDS Speaker: Diabetes and Dentistry
* November 13 @ 6:00 pm Room: Union Colony	Topic: Potluck & “Fireside Chat”: Bring a dish, the recipe, and your tips/story Speaker: Diabetes Self-Management Team
*December 11	No group this month. Have a Merry Christmas and Happy New Year

Contact Banner Greeley Specialist: Outpatient Diabetes Self-Management Program with questions

Office: (970) 392-2344

Topics subject to change without notice

**Note Room change and/or change to schedule*