

DIABETES SUPPORT GROUP

**JOIN THE DIABETES SUPPORT GROUP
THAT IS SPONSORED BY THE DIABETES
AND NUTRITION WELLNESS CENTER OF
PENN HIGHLANDS DUBOIS**

*For those who have been diagnosed with diabetes
or are the family member or caregiver of someone
with diabetes.*

Join the group for education, sharing personal stories
and socialization with others who are going through
similar situations.

**Meetings will be every third Tuesday of the
month in Classroom 107 located on the first
floor of the Central Resource Center, 204
Hospital Avenue, DuBois, PA from 6:30 PM to
7:30 PM.**

This group is led by Paul Bojalad along with one of the
diabetes educators from Penn Highlands DuBois. We
look forward to seeing you!

**PENN HIGHLANDS DUBOIS
DIABETES AND NUTRITION
WELLNESS CENTER**

Medical Arts Building
145 Hospital Avenue, Suite 105

DuBois, PA 15801

814- 375-3890

www.phhealthcare.org

2020 GROUP SCHEDULE

February 18, 2020

Cardiac Nutrition

March 17, 2020

Keeping Your Skin Healthy, Lisa Pfingstler, MD,
Dermatologist, DuBois Dermatology and Cosmetics

April 21, 2020

The Virtual Tour of Cooks Forrester, Dale Luthringer,
Environmental Education Specialist

May 19, 2020

Diabetes and Your Eyes, Anthony P. Andrews, MD

June 16, 2020

Important Exams/Tests Needed for Diabetes, Kyle
Diller, DO, Family Medicine Resident, Post Graduate
Year 3

July 21, 2020

Tech Savvy? What's New in Diabetes Technology?,
Lori Rancik, RN, CDE

August 18, 2020

Sleep Apnea, Barb Himes

September 15, 2020

Is Your Gut Healthy?, Jeril Goss, RD, CDE

October 20, 2020

What's Cooking for the Holidays?, Chef Marla
Sierzega

November 17, 2020

Update on Diabetes, Dr. Sarvesh Rajan, MD, Penn
Highlands Endocrinology

December 15, 2020

Relax During the Holidays with Christmas Yoga, Jeril
Goss, RD, CDE

