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!

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 Forrest, 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