

DIABETES

Discussion Group

If you live with diabetes, you know that it is a daily challenge and can be very frustrating and overwhelming at times. The goal of our Diabetes Discussion Group is to build a support system with others in similar situations and provide continued education for our East Texas community.

The Diabetes Discussion Group at UT Health Northeast offers a **FREE** diabetes support group. The support group meets every last Thursday of the month. Coffee and light snacks will be provided.

In addition to the free support group, the UT's Center for Diabetes Care offers many diabetes education opportunities such as Medical Nutrition Therapy counseling, as well as the free EMPOWER Diabetes program.

WHEN:

Last Thursday of the Month
4:30 p.m. - 5:30 p.m.

WHERE:

South Cafeteria Conference Room
at UT Health Northeast

TOPICS:

Each month, a variety of diabetes-related topics will be covered.

- Cooking demonstrations
- Meal planning tips and healthy recipes
- Ideas for easy and safe exercises
- Healthy stress and coping techniques
- Improved diabetes self-management
- Community guest speakers

FOR MORE INFORMATION:

Call Krista Lindley at **(903) 877-7569**.



Healing Just Feels Better Here.