

Diabetes Management Center

Capital Region Medical Center

A.I.M. Diabetes Group

- Achieve target A1c
- Inform myself about diabetes
- Manage my diabetes and lower risks through a healthy lifestyle

November 9, 2009	"Jumping in Feet First" Diabetes & Foot Care with Dr. David Carron
December 14, 2009	Eat, Drink & Be Merry - Nutrition for the Holidays
January 11, 2010	Diabetes & Vitamin D: How much do you really need?
March 8, 2010	Spring Break: Spring into action by managing your diabetes with new tools
May 10, 2010	Move It! Move It! Move It! How to have fun & be active
July 12, 2010	Go for the Goal! How to set goals and meet them
September 13, 2010	Pick of the Crop: What's new at the grocery store? CALL 632-5090 FOR STORE LOCATION FOR THIS MONTH'S MEETING
November 8, 2010	Happy Holidays! How to make your celebrations tasty & healthy

Presenters: Sharon Harrison, MS, RD, LD; Leota Maag, RN, CDE

Participants: Everybody who attends! Bring your thoughts and questions to share with the group.

*Effective January 2010, all meetings are held during odd numbered months
at CRMC Southwest-Diabetes Management Center
1432 Southwest Blvd, Jefferson City, MO
5:30 pm - 6:30 pm
Call Carol at (573) 632-5090 for more information*

Please note: There is no cost to attend A.I.M. Diabetes Group meetings.