

Diabetes Management Center

Capital Region Medical Center

A.I.M. Diabetes Group

- *A*chieve target A1c
- *I*nform myself about diabetes
- *M*anage my diabetes and lower risks through a healthy lifestyle

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| January 9, 2012 | Rethinking your Diabetes Plan for the New Year |
| March 12, 2012 | Diabetes and Vitamin D - Are you missing the sun? |
| May 14, 2012 | Gardening for Success - How to Plan for a Healthy Harvest. |
| July 9, 2012 | HOT Topics - What's new for diabetes. |
| September 10, 2012 | Back to School - How to pack a healthy lunch. |
| November 12, 2012 | Revising your Holiday Recipes |

Presenters: Sarah Burbee RD, LD; Leota Maag, RN,CDE;

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

*All meetings are held 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 need to RSVP & no cost to attend A.I.M. Diabetes Group meeting.