

# Need a Sugar Fix?

When it comes to dealing with diabetes, “fixing” sugar levels is not as sweet as it sounds. That’s why St. Joseph’s Medical Center offers a variety of classes and support to help you keep your numbers in a healthy range. This support group meets on the following Thursdays monthly, from 3:30 pm to 5:00 pm.

## NEW DIABETES SUPPORT GROUP

Join our *Sugar Fix* group for informative presentations and support through the highs and lows of your journey with diabetes. Sessions are free and open to all, caregivers and family members are welcome.

- |                      |  |
|----------------------|--|
| <b>August 9:</b>     | <b>Celebrating Our Sugar Fixers!</b>                               |
| Topic:               | <i>Myth vs. Truth: Is There Such a Thing as a “Diabetes Diet”?</i> |
| Speaker:             | Meagan Maggiore and Christina Ellis, Clinical Dieticians           |
| <b>September 13:</b> | <b>Sweet Savings</b>   |
| Topic:               | <i>Minimizing Out-of-Pocket Drug Costs – Medicare Part D</i>       |
| Speaker:             | Dr. Raj Patel, University of the Pacific Pharmacy School           |
| <b>October 18:</b>   | <b>Moving Safely for Better Health</b>                             |
| Topic:               | <i>How to Improve Strength, Balance and Flexibility</i>            |
| Speaker:             | Brenda Norris, Certified Tai-Chi Instructor                        |
| <b>November 15:</b>  | <b>Celebrating National Diabetes Month</b>                         |
| Topic:               | Stroke Awareness: Meet Wall-E the Robot!                           |
| Speaker:             | Deanna Leong, SJMC Stroke Coordinator                              |
| <b>December 20:</b>  | <b>Keeping the Happy, in Happy Holidays?</b>                       |
| Topic:               | <i>How to Handle the Stress of the Season</i>                      |
| Speaker:             | Susan Martin, MFT  |

## Call to save your seat.

Space is limited, so please contact, [Diabetes Navigator](#), 209.944.8355 to register.