

# Diabetes Support Group

## Moving Toward Control

If you or someone you love is living with diabetes, join us as we focus on “moving,” weight management and many other topics as we move toward better control of our health!

Individuals diagnosed with pre-diabetes or diabetes and their significant other(s) are encouraged to attend.

### 2020 Meetings

Med/Surg Conference Room | 5:30 - 7:00 p.m.

- March 3
- May 5
- September 15
- November 10

For more information: 812-537-8164 | 800-676-5572 ext. 8164 | [MyHPH.org](http://MyHPH.org)

Shawn Crandell | Registered Dietitian and Certified Diabetes Educator



+ HEALTHY LIFESTYLE  
+ PROPER NUTRITION  
+ SUPPORT