

Diabetes Interactive Support Group

Different topics each month:

- ♥ What is Diabetes?
- ♥ Basic Carbohydrate Counting
- ♥ Diabetes treatments
- ♥ Routine Diabetes care and follow up
- ♥ Daily Diabetes self care (oral, skin, foot care)
- ♥ Diabetes and exercise-review options & benefits
- ♥ Additional topics per group request

WHEN: Every Second Thursday of the Month

Where: Community Memorial Hospital,
Training Center
2809B Main S, Ventura
(Park in back parking lot with back entrance)

Time: 5:30 to 6:30pm

Cost: No Charge

Instructor: Loquintha Rex ACNP-BC, BC-ADM, CPT

CALL: HEARTaware office for registration
(805) 667-2818 or email HeartAware@cmhhospital.org

