

## Diabetes Support Group

This FREE group is here to help you better understand diabetes and make connections with others who want to learn more about diabetes and live a full and happy life!

Join us in dicussing topics related to Diabetes Education.

Topics include:

Carbohydrate Counting Basics
Diabetes Medication Update

Monday, November 13 4 p.m. - 5 p.m.

Assisi Room, Second Floor Conference Rooms
St. Francis Memorial Hospital
430 N Monitor St
West Point, NE

Low carbohydrate snack and recipe provided

For more information, call Deborah Willcox at 402-372-6712

Hosted by:

**Deborah Willcox, RD, LMNT**Registered Dietitian and Licensed Medical Nutrition Therapist **Stacie Petersen, RN, BSN, CDE**Registered Nurse and Certified Diabetes Educator

