

# Living Well with Diabetes Support Group

**When:** Last Thursday of the month,  
1:30–2:30 p.m.

**Where:** Outpatient Service Building West,  
Woodruff Room B (1st floor)  
1001 Willow Creek Road, Prescott

## 2022 classes

**January 27:** Does fear of hypoglycemia impact your wellbeing?

**February 24:** CGM Support Group – Continuous glucose monitor systems for those wearing a CGM System and those interested in CGM.

**March 31:** Diabetes 101 for families and caregivers.

**April 28:** Insulin pump support group

**May 26:** Exercise and diabetes

**Registration is limited.**

**Please call (928) 771-5794 to reserve your spot.**

**Have you had diabetes for years, or just recently been diagnosed with the disease?** Are you interested in the latest information on managing diabetes and maintaining your health? Local residents with diabetes, their spouses and caregivers are invited to join YRMC's Diabetes Support Group. Presented by Bonita Wilson, RN, CDCES, Certified Diabetes Educator

For more information please go to [YRMCHHealthConnect.org](https://YRMCHHealthConnect.org) and subscribe to receive email updates on our Living Well with Diabetes Support Group or call **(928) 771-5794**.

