

# LIVING WELL with Diabetes Support Group

**H**ave 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.

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



## 2019 MEETINGS

Meetings are held on the 3rd Tuesday of most months, in the YRMC Wellness Center, Community Education Room, 930 Division Street in Prescott, from 5:30 to 6:30 p.m.

- JANUARY 15TH:** Diabetes and Venous Disease. Presented by Anil Kumar MD, Cardiologist
- FEBRUARY 19TH:** Diabetes and Heart Disease. Presented by Tami Tuma Exercise Physiologist
- MARCH 19TH:** What's New in Diabetes Technology. Presented by Andrea Klein RN, Certified Diabetes Educator
- APRIL 16TH:** Know your Diabetes Medications. Presented by Kim "Steve" Nguyen, Pharm D YRMC Pharmacist
- MAY 21ST:** Tele Medicine and Remote Patient Monitoring: How Does it Affect My Diabetes Care? Presented by Jonathan R. Nuckels, Pharm D, CPHIMS
- JUNE 18TH:** Good Carbs and Bad Carbs. Presented by Rita Rubin RD, Certified Diabetes Educator



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