



## 2009 EVENING DIABETES SUPPORT GROUP!

Mark your calendars

All support groups are held the 2<sup>nd</sup> Thursday of the month - 6 to 8 p.m.

DATE	TOPIC
January 8	<b>Exercise That'll Make Your Pancreas and Heart Healthy</b> Vanessa Valle, Exercise Physiologist
February 12	<b>Easy, Healthy Cooking for People with Diabetes</b> Eddie Huang, graduate of the California Culinary Academy
March 12	<b>A Hope for Curing Diabetic Neuropathy</b> Dr. Ziv Peled, the Dellon Institute for Peripheral Nerve Surgery
April 9	<b>Good Carbs, Better Carbs</b> Megan Tichy, Registered Dietitian, Certified Diabetes Educator
May 14	<b>Diabetes Medication Overview</b> Andree Hest, Registered Pharmacist, Director of Pharmacy
June 11	<b>Thoughtful Weight Loss</b> Ellen Resnick, Licensed Clinical Social Worker
July 9	<b>Using Acupuncture and Herbs with Diabetes Self Management</b> Qingmei Chen, Licensed Acupuncturist, Master of Science in Traditional Chinese Medicine
August 13	<b>The Story of Insulin</b> Theresa Garnero, Clinical Nurse Manager, Center for Diabetes
September 10	<b>A1C Champions</b> Person with diabetes to be announced
October 8	<b>Diabetes and Your Bones</b> Dr. Diana Antonucci, endocrinologist
November 12	<b>Stress Management</b> Karen Weissmann, Licensed Clinical Social Worker, CDE
December 10	<b>Live Life to the Max with Diabetes</b> Kathy Solis, Registered Dietitian, Certified Diabetes Educator

Evening format: 6 to 6:30 p.m. presentation; 6:30 to 8 p.m. group discussion. Moderated by Theresa Garnero, APRN, BC-ADM, MSN, CDE, Clinical Nurse Manager of Center for Diabetes Services.

Location: California Pacific Medical Center

**Davies Campus**, Level B Auditorium

Castro & Duboce, San Francisco, CA 94114.

Parking available for a small fee in the garage, or free on the street.

**No registration required for this free program!**

For more information, call 415-600-2533.