



California Pacific
Medical Center

A Sutter Health Affiliate
With You. For Life.

Beyond Medicine.

Center for Diabetes Services Presents

“Living with Diabetes” TYPE 2 DIABETES 2009 SUPPORT GROUP MEETINGS

Monthly – 4th Wednesdays (except November)
11:00 AM- 12:00 PM

January 28, February 25, March 25,
April 22, May 27, June 24, July 22,
August 26, September 23, October 28,
November 18 (3rd Wednesday)

Pre-register please, space is limited.
FREE for CPMC/CDS patients.

Topics include:

Personal Healthcare Mythology
Building your Team
Exercise Therapy: Feldenkreis, Tai Chi, Yoga
Goals that Help, Goals that Hinder
Family Beliefs, Family Roles - Support or Sabotage?
Coping with Slips and Lapses

Who is in Charge?
Getting to Know your Denial
Staying Motivated
What's Grief got to do With It?
Stress Reduction in Practice
Peer Support and Discussions

Call Karen Weissmann, LCSW to register: 415-600-6229.
Center for Diabetes Services, 3801 Sacramento Street, 7th Floor.
Please bring a snack.