



California Pacific
Medical Center

A Sutter Health Affiliate

and the
Center for Diabetes Services
Presents

“Living with Diabetes”

TYPE 2 DIABETES

2010 SUPPORT GROUP MEETINGS

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

*January 27, February 24, March 24,
April 28, May 26, June 23, July 28,
August 25, September 22, October 27,
November 17 (3rd Wednesday)*

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

Topics include:

Personal Healthcare Mythology
Who is in Charge?
Building your Team
Getting to Know your Denial
Exercise Therapy: Feldenkreis, Tai
Chi, Yoga
Staying Motivated

Goals that Help, Goals that Hinder
What’s Grief got to do With It?
Family Beliefs, Family Roles- Support
or Sabotage?
Stress Reduction in Practice
Coping with Slips and Lapses
Peer Support and Discussions

Call Karen Weissmann, LCSW for registration (415) 600-6229
Center for Diabetes Services, 3801 Sacramento Street, 7th Floor
Please bring a snack