



2010 EVENING DIABETES SUPPORT GROUP!

Mark your calendars for the 2nd Thursday, from 6 to 8 pm:

DATE	TOPIC
January 14 th	Supermarket Savvy for the Person with Diabetes, Rozane Gee, Registered Dietitian, Certified Diabetes Educator
February 11 th	Saving Your Healthcare Diabetes Dollar, Theresa Garnero, Clinical Nurse Manager, Center for Diabetes Stephanie Starr, CCS Medical & Heidi Rytter, Mini Pharmacy
March 11 th	Dental Health with Diabetes, Dr. Arthur Muncheryan, DDS
April 8 th	Handling the Grief of Diagnosis Diabetes, Speaker confirmation pending
May 13 th	Recipe Facelift: Send Your Favorite Recipes for Discussion Kathy Solis, Registered Dietitian, Certified Diabetes Educator
June 10 th	DANG: Diabetes And Gays John (Ion) Coman, President & CEO, Type 1 insulin pumper
July 8 th	Diabetes Eye Care Dr. Elio Polsinelli O.D.
August 12 th	Sex and Diabetes David Spero, Registered Nurse, author, researcher
September 9 th	Using the Healing Power of Writing to Help Your Diabetes Sally Saunders, poet, lecturer, workshop leader, freelance writer
October 14 th	Dancing with Diabetes Theresa Garnero, RN, Founder of Dance Out Diabetes Kathy Solis, RD, Zumba Instructor Carolyn Clary-Brown, Dancercise Class Instructor
November 11 th	Building Your Diabetes Team: Who's on First? Karen Weissmann, Licensed Clinical Social Worker, CDE
December 9 th	Diabetes Standards of Care Dr. Karen Earle, endocrinologist and CDS Medical Director

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, downstairs in Conference Room B-2/3,
corner of 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! Just show up.

For more information, call (415) 600-2533.