

Diabetes ongoing Support Group for ACC Staff and Faculty

Diabetes: Take Action! Diabetes has become an epidemic!

This is a group for anyone who has diabetes or is interested in learning more about diabetes. Group Leader is Sandra Gaskin (Sandy) RN, MSN. Sandy has spent most of her nursing career teaching about diabetes and helping others manage their diabetes.

The group will meet the 4th Friday of the month. ***HBC Room/301.2/12:30pm – 1:30pm***
Sessions will include “What is Diabetes”, “What is all the fuss about food and diabetes”, “I have to get up and get moving?!”, “What does my medication really do?”

Sign up, come and have fun and learn a lot! To register, please email avaldez1@austincc.edu .
For questions, call Alisol V. Martinez, HR Specialist II at 512.223.7800.