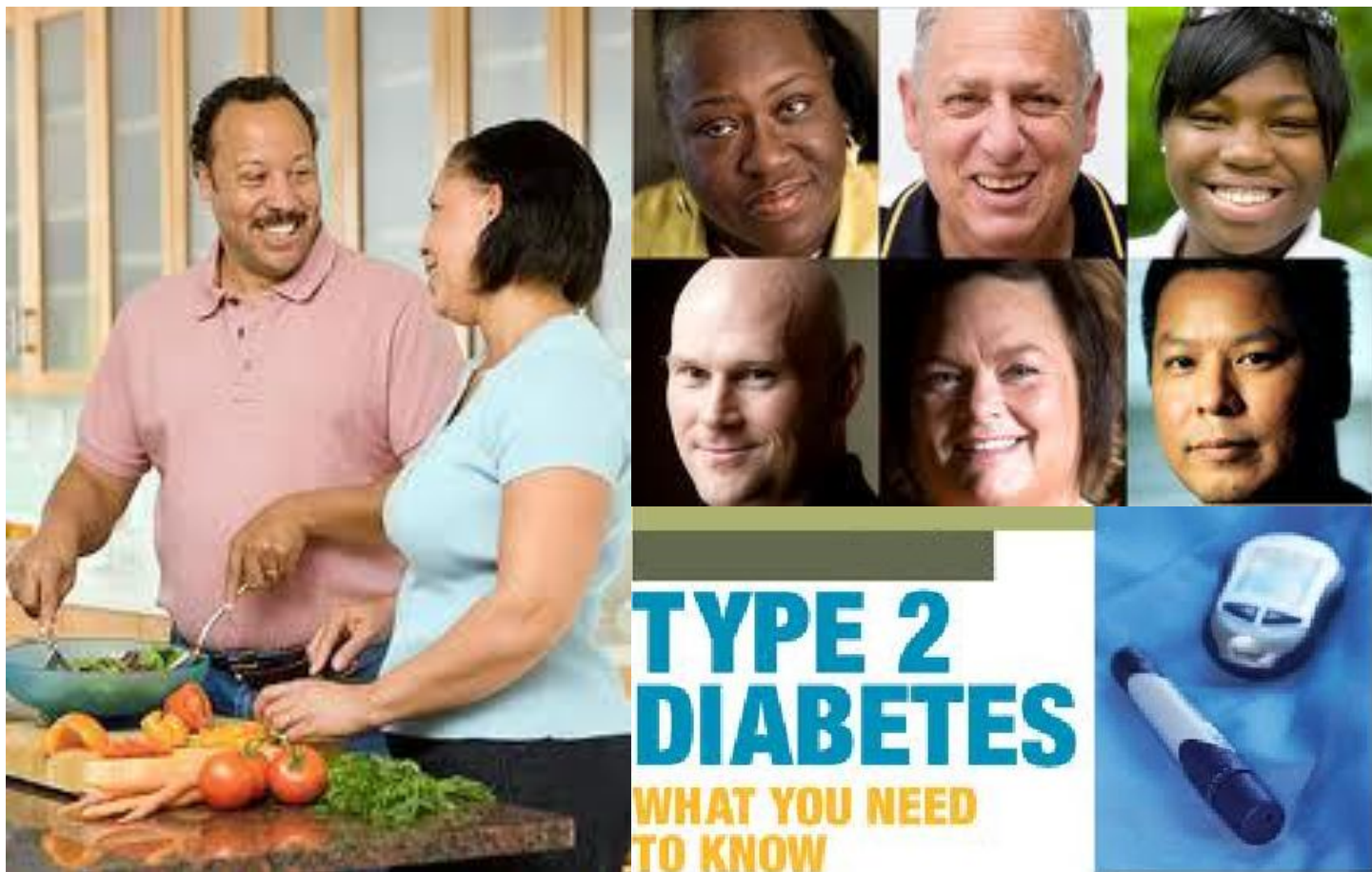


Worried About Diabetes?



Join one of our Diabetes Support Group Meetings at HBC room 223 12:30pm - 1:30pm on: Jan. 27th, Feb. 24th, Mar. 30th, Apr. 27th, & May 25th.

Do you have diabetes, at risk to develop diabetes, or have a family member with diabetes? Then take advantage of this free benefit and meet others with diabetes, address your concerns & questions, and get dietary advice from a RN!



To receive meeting updates & benefit information, please sign up for our mailing list! To join, email Neelam at nnoorani@austincc.edu.

BENEFITS TO ATTENDING

- Learn about the differences between Type 1 and Type 2 Diabetes
- Learn how to cope with health issues related to diabetes
- Stay one step ahead of your diabetes with treatment strategies and self-management tools
- Receive free handouts, recipes, dietary advice from a RN, get ideas for exercise, fitness management, and getting motivated
- Support from others who are also affected by diabetes