

# FREE DIABETES GROUPS



*Do you want to:*

Receive helpful information about managing your diabetes?

Gain tools to help you build healthy habits?

Take home recipes and learn about meal planning?

## Diabetes Self- Care Program

This 5 week series will be held at the Madison County Health Department.  
Contact **828-213-4634** to register. All dates are for 2019.

*Spring: Thursdays @9am-11am on 5/16, 5/23, 5/30, 6/6 & 6/20*

*Fall: Mondays @6pm -8pm on 8/5, 8/12, 8/19, 9/9, & 9/16*

*Winter: Tuesdays @3pm-5pm on 11/5, 11/12, 11/19, 11/26, & 12/ 3*

## DIABETES WORKSHOPS

Workshops will be from 5pm-7pm at one of the Hot Springs Health Clinics. We will offer dates in JULY and OCTOBER.

## DIABETES IMPROVEMENT GROUP (DIG)

Dig deeper into diabetes management! We meet monthly @ 5pm in Madison County.



**HOT SPRINGS  
HEALTH PROGRAM**

Visit: [www.hotspringshealth-nc.org](http://www.hotspringshealth-nc.org), or  
call **828-689-7343** for more details