

Diabetes Support Group



“Encourage, lift, strengthen one another. For the positive energy spread to one will be felt by us all. For we are connected, one and all.”
— DEBORAH DAY

Why Attend a Diabetes Support Group?

Join our group of medical professionals to partner with you to better manage your diabetes.

This support group does not replace your regular provider visits, but rather complements the care that your provider gives and provides participants with ongoing support and education to manage their disease.

Who Should Attend?

- Adults with type 2 diabetes
- Adults with type 1 diabetes
- Adults with pre-diabetes
- Adults living with someone who has diabetes

Discussion Topics Include:

- Nutrition and Lifestyle
- Blood Sugar Monitoring
- Stress Management and Healthy Coping
- Medication Management
- Exercising with Diabetes
- Risk Reduction

Dates & Locations:

DIABETES SUPPORT GROUP

Date: First Thursday of every month at 1:30 p.m.

Place: Classroom A/B - Lower Level
Aspirus Divine Savior Hospital
and Clinic
2817 New Pinery Road, Portage.

All social distancing and safety measures, including masking will be in place for this event.

For more information, please call 608.745.5123 or email Emily.Kraemer@aspirus.org.

