

Schedule for Diabetes Support Groups for the last 6 months of 2009

(subject to change)

Cedar Creek Clinic

1st Wednesday of the month
6:00pm - 7:00pm

July 1 st	10 Myths
August 5 th	Carbohydrates
Sept. 2 nd	Exercise
Oct. 8 th	Dining Out
Nov. 4 th	Stress
Dec. 2 nd	Hi & Low BS

High Pointe Clinic

1st Monday of the month
10:00am - 11:00am

July 6 th	Healthy Eating
August 3 rd	I Need to Know
Sept. 14 th	Carbohydrates
Oct. 5 th	Exercise
Nov. 2 nd	Look Like Santa
Dec. 7 th	Holidays

Menomonee Falls Clinic Days

1st Monday of the month
1:00pm - 2:00pm

July 6 th	Stress
August 3 rd	Exercise
Sept. 14 th	10 Myths
Oct. 5 th	I Need to Know
Nov. 2 nd	Holidays
Dec. 7 th	Look Like Santa

Northwest Clinic

3rd Tuesday of the Month
10:00am - 11:00am

July 21 st	Stress
August 18 th	Cooking
Sept. 5 th	DASH
Oct. 20 th	Stretching \$
Nov. 17 th	Holidays
Dec. 15 th	Look Like Santa

Good Hope Clinic Afternoons

2nd Wednesday of the month
1:30pm - 2:30pm

July 8 th	Common Sense
August 12 th	7 Principles
Sept. 9 th	Supplements
Oct. 14 th	I Need to Know
Nov. 11 th	Snacks
Dec. 9 th	Stretching \$

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Menomonee Falls Clinic Nights

3rd Monday of the Month
6:00pm - 7:00pm
July 20th 10 Myths
August 17th Stretching \$
Sept. 21st Supplements
Oct. 19th Cooking
Nov. 16th Look Like Santa
Dec. 21st Snacking

Mayfair Clinic

3rd Monday of the month
11:00am - 12:00pm
July 20th Neuropathy
August 17th Nephropathy
Sept. 21st Hi & Low BS
Oct. 19th Stretching \$
Nov. 16th Discussion
Dec. 21st Eating over 50

Port Washington Clinic

4th Thursday of the month
3:00pm - 4:00pm
July 23rd 7 Principles
August 27th 5 Easy Steps
Sept. 24th Nephropathy
Oct. 22nd Neuropathy
Nov. 19th Cholesterol
Dec. 17th The Santa Look

Good Hope Clinic Mornings

4th Tuesday of the Month
10:00am - 11:00am
July 28th ABC's - DB
August 25th Fad Diets
Sept. 22nd Motivation
Oct. 27th Research
Nov. 24th Supplements
Dec. 22nd Look Like Santa

Insulin Pump Group

2nd Tuesday of July
Menomonee Falls Clinic
6:00pm - 7:00pm

