



*Diabetes
Group*

FREE

**1st Wednesday
of the Every Month
9:00am –11:00am**

We invite you to join our **NEW Diabetes Group**. While interacting with others in a small group setting, you can learn to feel better and get healthier. Each group will be led by TCA Health provider who will help you find ways to manage your treatment program, improve your health outcomes, and gain valuable knowledge about diabetes and related health concerns.

- ◆ Each Diabetes Group will enroll between 7-10 patients and last for two hours.
- ◆ This is a unique opportunity where you can interact with experts, such as behaviorist, dietician, and health educator, throughout the session series.
- ◆ Health providers will answer questions and facilitate “best practice” sharing by patient on topics of nutrition, diet, exercise, hypertension, and foot care.

**For more details call Deborah Taylor or
Tara Oliva 773-995-6300.**

