DIABETES SUPPORT SERIES

GARDEN CITY HOSPITAL

CONTROL DIABETES FOR LIFE

734.458.4330

Get involved with open discussions and sharing your questions and concerns with others. Listen to guest speakers provide new information and research that can benefit your health.

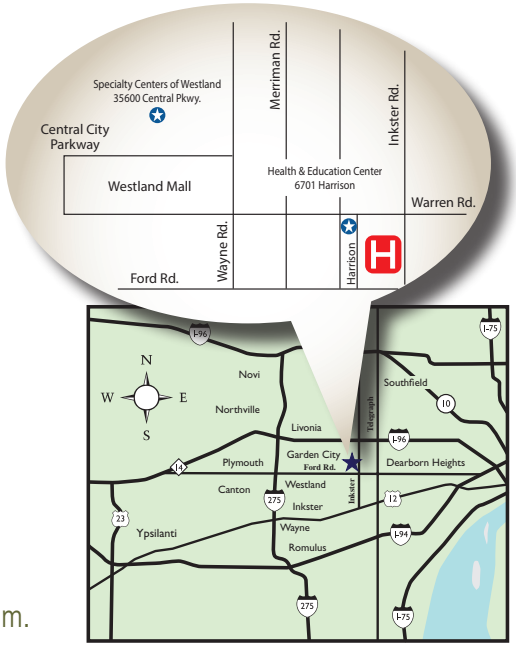
UPCOMING SUPPORT SESSIONS

SEPTEMBER 4 - Discussing Diabetes Myths and Facts
OCTOBER 2 - Making Strides to Survive the Upcoming Holiday Season, from Halloween thru New Years
NOVEMBER 6 - Bring on Relaxation, Send Stress Away
DECEMBER 4 - Last Minute Tips to Keep Diabetes Management on Track

The FREE Diabetes Support Group meets the first Wednesday of each month. For your convenience, two different locations and times are offered for those interested in attending.
Guests can choose:

2 P.M.: Westland Mall
35000 West Warren
Westland, MI 48185
Community Room-Lower Level

6 P.M.: Garden City Hospital
Allan Breakie Medical Office Building
6245 Inkster Road
Garden City, MI 48135
Lower Level Classrooms



You may be eligible for diabetes education refresher sessions.
For more information or to RSVP, call 734.458.4330.

Reminder: Don't forget to get a flu shot for you and your family.

Mark your calendar: Diabetes Day, Saturday, October 26; 9 a.m. - 2 p.m.