

# DIABETES

## SUPPORT GROUP SESSIONS

Connect with others who fight your battle.  
Family and friends are welcome.



### January 5

#### Managing Stress & Depression

Jamie Burns, MS, Licensed Clinical Psychotherapist

Hear how to be mentally healthy to have a Happy New Year.

### February 2

#### Be Diabetes Heart Smart

Geri Hart, MD

Learn about the “Do’s and Don’ts” of diabetes for heart health.

### March 1

#### Get Your Plate in Shape

Diane Wagner, RD, LD, Clinical Dietitian

Hear about this year’s theme for National Nutrition Month.

Disclaimer: Hutchinson Regional Medical Center facilitates the Diabetes Support Group, but is not responsible for the information or opinions expressed by the speakers or participants. Hutchinson Regional’s Diabetes Support Group does not replace individualized diabetes care and treatment by a qualified health care professional. Participants should confer with their physician or other health care professional for individualized diabetes care and treatment plans.

All sessions begin at 7:00 p.m. in the lower level conference rooms at Hutchinson Regional.

For more information, visit [www.hutchregional.com](http://www.hutchregional.com) or contact Anne Kimmel, RN, MS, CDE at 620.665.2058.



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