



## Free Diabetes Support Groups

## We Want To Help You Win The Fight!

January "2020 Goals" January 22th- 7:00 pm to 8:00 pm January 31st- 11:00 am to Noon

February "Love Your Heart" February 12th- 7:00 pm to 8:00 pm February 21st- 11:00 am to Noon

March"Eat For Life"
March 20th- 11:00 am to Noon
March 25th- 7:00 pm to 8:00 pm

April "#No Stress" April 10th- 11:00 am to Noon April 15th-7:00 pm to 8:00 pm

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