

# DIABETES Wellness Group



**FREE Monthly  
Support Group**

*Hosted by Berkeley Medical Center's  
Diabetes and Nutrition Education Team*

## 2020 Program Dates & Topics

*Open To All Interested! Topics are taught by either our  
Registered Dietitian or Certified Diabetes Educator.*

January 13	Artificial Sweeteners
February 17	Low Blood Sugar— <i>What to Do When You Don't Have a Clue</i>
March 16	Delightful Vitamin D
April 20	Eye Health
May 18	Good Carbs versus Bad Carbs
June 15	Protecting the Feet You Want to Keep
July 20	Navigating the New Nutrition Labels
August 17	CGM's: <i>What They Are and What They Do</i>
September 21	Easy and Tasty Snack Ideas
October 19	Blood Sugar Meter and Numbers Help
November 16	Special Occasion Eating
December 14	Kidney Health

**Programs are held from 1:00 — 2:00 p.m.  
1004 Tavern Road, Suite A, Martinsburg**