



ThedaCareTM


ThedaCare Medical Center Shawano
ThedaCare Physicians
100 County Road B
Shawano, WI 54166


Diabetes Education Support Group


2020 Calendar of Meetings

Meetings are free and open to the public

<ul style="list-style-type: none"> Exercise Programs Meal Programs Homecare Support Groups Financial Resources 	<p>Date: Monday, March 2 • 10-11 AM Topic: Community Reaching Out To You Location: Red River Room, Second floor, ThedaCare Medical Center Shawano (TCMCS)</p> <p>Heidi Russell from the Aging Resource Center will be sharing many community resources that may be beneficial to you.</p>
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	<p>Date: Monday, May 11 • 10-11 AM Topic: Which Meds are Right for You Location: Red River Room, Second floor, ThedaCare Medical Center Shawano (TCMCS)</p> <p>A pharmacist will discuss and update you on diabetes medications and cost savings.</p>
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	<p>Date: Monday, October 5 • 10-11 AM Topic: Keeping a Healthy Heart with Diabetes Location: Red River Room, Second floor, ThedaCare Medical Center Shawano (TCMCS)</p> <p>Meet one of our providers who will discuss Diabetes and Keeping your heart healthy and answer your questions.</p>
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	<p>Date: Monday, November 2nd • 10-11 AM Topic: Don't Have Time to Eat Healthy Location: Red River Room, Second floor, ThedaCare Medical Center Shawano (TCMCS)</p> <p>Rachel VanGrunsvan, RD, CDE will talk about how you can make quick healthy meals using whole foods and snacks.</p>
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In case of inclement weather, the meeting will be cancelled if Shawano Schools are cancelled

For more information, call:
Jane Laubenstein at 920-831-6122 or Rachel VanGrunsvan, RD, CDE at 920-735-7595