

Diabetes Institute at Great Lakes Home Health Care  
1700 Peach Street, Erie, PA 16501  
Phone (814) 877-2123 Fax (814) 877-5260  
www.greatlakeshhs.com

Diabetes Institute  
at  Great Lakes  
Home Healthcare Services

## 2011 Diabetes Support Group Meetings

January 10	Exercise all Year!	Shari Repoff, RN, BSN, CDE
February 14	Therapeutic Shoes - The 5 W's	Julie McLaughlin, COMF, C.Ped.
March	Come See Us at the Diabetes Expo at the Convention Center on <b>March 22!</b>	
April 11	Focus on Fiber	Jill Brooks, RD, LDN, CDE
May 9	Impact of Diabetes - Coping Skills/Stress Management	Robert Mailliard, Psy.D.
June 13	Healthy Breakfasts	Darlene Przybyszewski, RD, LDN, CDE
July 11	Eat Your Veggies	Darlene Przybyszewski, RD, LDN, CDE
August 8	Conversation Maps - Go for the Goal!	Diane Harbaugh, RN, BSN, CDE
September 12	Sleep Apnea & Devices	Rebecca Clover, RRT
October 10	Healthy Lunches	Mary Hohman, RD, LDN, CDE
November 14	Numbers Galore!	Shari Repoff, RN, BSN, CDE

All classes take place at Diabetes Institute from 4:00-5:00 pm. These are free for those with diabetes and a guest. This is an opportunity to share experience and learn something new to help with the management of your diabetes. Diabetes Standards of Care will be discussed at all meetings.

**Please RSVP to Tammy Puckly at 814-877-2123.**