



Virtual/In-Person Diabetes Support Group

This is a monthly virtual and in-person gathering in a casual, positive setting. Adult participants include those who have diabetes or who have been touched by diabetes. Spouse and support persons are also welcome to attend. Each month, there is a different topic of discussion such as nutrition, activity, carbohydrates, food preparation, recipes, medications, eye health, blood sugar readings, and much more!

This monthly group meets virtually and in-person on the **second Wednesday of each month from 1:00pm - 2:00pm. You must register in order to receive a link to attend the support group online. For in-person meetings, a location will be emailed to you a week before the class begins.**

You can participate in the class or group from your home via an electronic device such as a computer, laptop, tablet, or phone. Follow the directions below to register:

Participants will need to register by calling the **Diabetes Education Office Assistant, at (920) 568-5453**. Upon registration, you will receive an email link to “Join” the meeting through your computer or mobile device. You will need a microphone on your device in order to participate in the meeting conversation. A camera is not required but helpful.