

Baptist Health Community Outreach Monthly Diabetes Education & Support Group

Our monthly sessions offer education and support to those with diabetes and their caregivers. Facilitated by healthcare professionals, discussions include various topics related to diabetes management and lifestyle skills.

Thursdays 5:30 - 6:30 pm. Refreshments and door prizes provided.

January 30

Diabetes Monitoring &
Technology

February 27

Carb Counting

March 27

Mindful Eating

April 24

Diabetes & Stroke

May 29

Diabetes & Kidney Care

June 26

Diabetes & Exercise

July 31

Diabetes Wellness Care

August 28

Diabetes Food Myths

September 25

Diabetes & Stress Management

October 30

Diabetes & the Holidays

***November 20**

Diabetes & Depression

***December 18**

Diabetes & Skin Complications

Classes are held the last Thursday of each month, 5:30-6:30 pm

change of Thursday due to Thanksgiving and Christmas holidays

Join us in person at the Baptist Health Community Outreach Building
10117 Kanis Rd. LR, AR 72205



Baptist Health

COMMUNITY OUTREACH

For more information or questions,
contact Community Outreach
at 501-202-1540