



Diabetes Wellness Group

Stanford Diabetes Care Program in collaboration with Stanford Discovery Lab offers a monthly adult group for people with diabetes and their families. Each month an educational offering is provided in an open forum where individuals can share ideas and gain information. Diabetes can be challenging as it impacts many areas of life; it is important to have support. Meet with others who live with diabetes to share and learn. Refreshments will be served.

Featured Topics for 2019

Date	Topic	Speaker
1/10	Setting Goals for the New Year	Mary Christensen RN CDE
2/14	Diabetes & Heart Health	Elaine Hon MS RD CDE
3/14	Diabetes & Travel: Control on the Run	Leticia Wilke CNS BC-ADM CDE
4/11	Diabetes 101	Roz Marcus RN CDE
5/9	Diabetes Complications Prevention	Marina Basina MD
6/13	Grocery Store Strategy	Leah Groppo MS RD CDE and Anna Simos MPH MS CDE
7/11	Getting back on track with Blood Glucose Control	Katie Judge RN CNS CDE
8/15	Disaster Preparedness	Julietta Gabiola MD
9/12	Complimentary Medicines and Diabetes	Pharmacy
10/10	Diabetes Tools & Technology	Marina Basina MD
11/14	Navigating Diabetes and Holidays	Leah Groppo MS RD CDE
12/12	Wellness Group Winter Celebration	Anna Simos MPH MS CDE

Where & When

Date	The group meets the second Thursday of every month
Time	6:00 PM to 7:00 PM
Cost	Free
Sponsored by	Stanford HealthCare Diabetes Care Program and the Stanford Discovery Lab
Information	Contact diabetesstudy@Stanford.edu
Venue	Stanford University Discovery Lab and Stanford Diabetes Research 1070 Arastradero Road, Room 202, Palo Alto, CA 9430