

Diabetes Support Group Calendar

The Diabetes Support Group meets from 1-2 pm on the dates below at the Weeyees in Kamiah

SEPTEMBER 4, 2024

Highs, Lows, & Everything in Between

Do you ever have a high or low blood sugar that you can't explain? Well, you are not alone. Come explore reasons why your blood sugar may be fluctuating.

OCTOBER 2, 2024

Easing into Physical Activity

Being physically active is so beneficial to our health. Join us as we learn more about ways to gradually increase physical activity in our lives.

NOVEMBER 6, 2024

Diabetes & the Holidays

With all the activities of the holidays, it can sometimes feel a little overwhelming. Take some time to care for yourself this holiday season and join us as we learn about healthy ways to enjoy the holidays.

DECEMBER 4, 2024

Mindfulness & Managing Stress

Have you heard about mindfulness, but aren't sure what it means? Join us as look at different techniques for coping with stress and living more mindfully.

JANUARY 8, 2025
Setting & Meeting Goals

Having trouble sticking to your New Year's resolutions? Don't worry. You aren't alone. This month we talk about setting measurable and attainable goals.

FEBRUARY 5, 2025

Love is in the air!

Heart health is important for your overall health. Let's talk about all things heart healthy!

MARCH 5, 2025

Diabetes & Travel

Planning a vacation? Not sure what to expect when traveling with diabetes? Join us as we discuss our travel plans and how to prepare for travel with diabetes.

APRIL 9, 2025

Continuous Glucose Monitoring

What is continuous glucose monitoring? You should be using it? Does your insurance pay for it? Let's talk about it.

MAY 7, 2025

Healthy Snacks & Meals

Do you ever wonder what you should be eating to manage your diabetes? Are you bored with the same food choices day in and day out? Join us as we share budget-friendly suggestions for healthy eating.

