

Type 2



Type 2 Diabetes Support Group

Join Us for Support and Community for Those with Type 2 Diabetes

Each meeting focuses on a different diabetes related topic. This is a great opportunity to learn, share and give/receive support

Living Well with Diabetes

- Explore how to fit diabetes care into all parts of your life.
- Gain skills, tools, and knowledge to manage your diabetes.
- Become familiar with resources available to you.



When

4th Tuesday of every month

2:00PM-3:15PM



Location

Conference Room
Grass Valley Health Center



Cost

FREE - no cost to participate!

DIABETES DEPARTMENT



(530) 889-3765



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