

Diabetes Support Group

Have you or one of your loved ones been diagnosed with diabetes? Join the LMH Health Diabetes Education Center for our **FREE** monthly Diabetes Education Support Group. Learn more about diabetes and get more support in diabetes management.

The educational sessions are held:

- Every 2nd Wednesday of each month **6 -7pm**
- In-person conference Room D-North or Zoom



2026 Schedule

Date	Tentative Topic	Host/Speaker
January 14th	Open Discussion	Jim Florez, RN, CDCES
February 11th	Label Reading Workshop	Kim McAuley, MS, RD, LD, CHES
March 11th	Diabetes Technology	Jim Florez, RN, CDCES
April 8th	Patient Stories Q & A	Brooke Bennett, PA
May 13th	Diabetes Burnout & Stress Management	Jim Florez, RN, CDCES
June 10th	Diabetes Jeopardy!	Kim McAuley, MS, RD, LD, CHES
July 8th	Preventing & Managing Illness	Jim Florez, RN, CDCES
August 12th	Activity & Diabetes +20min Chair Yoga	Kim McAuley, MS, RD, LD, CHES
September 9th	Diabetes Labs	Dr. Oertel, Charity Wilson-Burson
October 14th	Open Discussion +Recipe Exchange	Kim McAuley, MS, RD, LD, CHES
November 11th	Traveling with Diabetes	Jim Florez, RN, CDCES
December 16th	Navigating Holidays & Recipes	Kim McAuley, MS, RD, LD, CHES

For more information:

Visit www.lmh.org under **Classes & Events**

Call 785-505-3062 or email James.Florez@lmh.org & Kim.McAuley@lmh.org to register for reminders and Zoom links to each meeting.