

Lakeview Hospital Diabetes Education Program Presents:
Free Diabetes Community Lecture and Support Group

Meetings are held the second Wednesday of each month, except December, at 7:00 p.m. Lecture will be presented first, with support group meeting after. All lecture topics will be diabetes related, given by professionals in the field. The following lists the lecture topics and times for the year 2009:

January 14, 2009	How to Curb Emotional Eating	Lora Erickson, CPT, CES Personal Trainer
February 11, 2009	Exercise, Best Bet for Blood Glucose control	Tawnya Zeidler Exercise Physiologist
March 11, 2009	Label Reading, What's important!	Nancy Gibson-Fagg, RD,CD,CDE
April 8, 2009	Fight Back Your Secondary Complications with Cellular Activation Therapy	Philip Levy, MD, FACE
May 13, 2009	Laughter, Good for the Mind, Body and Soul	Jean Weinberger, Social Worker
June 3, 2009	Do you sleep, well? What is a sleep disorder?	Adam Hill, CEO RxSleep
July 8, 2009	Fun and Effective Exercise for Weight management	Lora Erickson, CPT, CES Personal Trainer
August 12, 2009	Searching for your "Authentic Self"	Jean Weinberger, Social Worker
September 9, 2009	4 Steps to Control Your Diabetes for Life!	Mesha Fagg, RD, CD,CDE
October 14, 2009	Portion, Portion, Portion What is a portion?	Nancy Gibson-Fagg, RD,CD,CDE
November 11, 2009	Diabetes Month Diabetes Health Fair 6-9 pm, Community, Lobby and Boardroom	

Lakeview Hospital, 630 East Medical Drive, Bountiful, Utah
First floor, Community classroom, 7:00 pm.
 If you have questions, please call (801) 299-6868