



Diabetes Groups

Please join Patti Urbanski, Dietitian & Diabetes Educator for lunch and conversation. Meet other people with diabetes and learn from each other.

Duluth

CAIR COMMUNITY ROOM
12PM-1:00PM
Meets monthly on Thursdays:
Sept 25, Oct 30,
Nov 20, Dec 18

Cloquet

TRIBAL CENTER
CLASSROOM
12PM-1:00PM
Meets quarterly on Mondays:
Sept 29, Dec 15

**Light Lunch Provided IF
you RSVP to
Patti at 878-2111
Please RSVP 3 days in
advance each month so we can
be sure we have enough lunch-
es & seats for all.**

BOOK CLUB

*8 Weeks to Maximizing
Diabetes Control*

How To Improve Your Blood
Glucose & Stay Healthy With
Type 2 Diabetes

Call Jenn Hall at 878-2146 if you
are interested in joining this book
club.



DIABETES WORKSHOP

DIABETES FROM HEAD TO TOE

Learn what lab tests, exams, & shots are recommended for diabetes. Why are they needed? How often are they needed? Speakers:

- Dr. Meghan O'Connell: Lab tests, Exams & Shots*
- Dr. Sue Miller: Diabetes & Dental Exams*
- Dr. Jeanne Rice: Diabetes & Eye Exams*
- Connie Saaristo: It Won't Happen to Me!*

Min No Aya Win
Tuesday, October 28th
8:30 am — 12:30 pm

To register call Amanda at 878-3769 or Jenn at 878-2146

Registration deadline—Tuesday, October 21st
Breakfast & Incentives* included

**Incentives will not be given unless entire workshop is completed.
Must have a diagnosis of diabetes & be eligible for services at FDL.*

COMMUNITY DIABETES PROGRAM

Ideal for people with diabetes/pre-diabetes and/or their families

Date: Thursday, November 6, 2014

Time: 12:30 p.m.—4:15 p.m.

Location: Barkers Island Inn & Convention Center



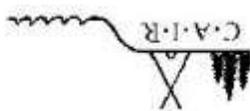
FREE if pre-registered otherwise it is \$20 at the door.
Call 715-394-8469 to register or for more information.

These workshops are designed to help people with diabetes/pre-diabetes learn ways to better manage their symptoms & treatments themselves, get more out of their visits with their health care providers, and get their questions answered by a panel of diabetes experts.

- 1:00-2:00 Healthy Living with Diabetes
- 2:00-3:00 Preparing for a Diabetes Focused Provider Appointment
- 3:00-3:15 Break
- 3:15-4:15 Ask the Experts

www.fdlrez.com/HumanServices/medical/diabetes/main.htm

Jennifer Hall—Medical
927 Trettel Lane
Cloquet, MN 55720



Living In Balance Newsletter
Fond du Lac Human Services



Saturday October 11, 2014 • Minneapolis Convention Center

Take a COACH BUS from Duluth, Cloquet and Moose Lake

Bus Cost: \$10 in Advance

(Includes beverages and snacks on the bus; recommend you also pack a lunch)

Fill out registration form below & mail with a check to HOLD your spot on the bus!

If we don't receive your check your spot will not be held.

Name: _____ Phone Number _____

Location to be picked up is: _____

Send this and your \$10 check made payable to NDEG to: NDEG, PO Box 16834,
Duluth MN 55816

About Diabetes EXPO: Join thousands of others in your community at one of the largest diabetes programs in the country. Learn how to thrive with diabetes with tips and demonstrations on how to eat healthier, be more active, monitor your blood glucose, take care of your feet and eyes and much more.

**If questions, call Jean Maslowski
(218) 878-7071**

Bus Schedule from Duluth:

6am Pick up at Cub Foods Duluth—Please park between Cub Foods & Cash Wise Liquor at the back of lot.

6:40am Pick up at Super One Foods in Cloquet

7:00am Pick up at Subway in Moose Lake—Please park in the back, near Subway on the gravel

8:45am Arrive at Minneapolis Convention Center

2:45pm Start loading for return trip. Leave by 3:15 pm.