



Diabetes Groups

Protecting Your Kidneys

Cloquet
MNAW McKnight Room
Door #5
12-1:00 pm
Tuesdays: 10/13, 11/10,
12/8

Duluth New Location
Washington Center
Room #106
12-1:00 pm
Thursdays: 10/15, 11/19,
12/17

*Lunch is provided
if you RSVP to
Stacy at 878-2111

*Please RSVP 3 days in
advance so we can be sure
we have enough lunches
& seats for everyone!*



Guest speaker, Dr. Sandy Popham
Thursday, October 22nd at 8:30 am
Min No Aya Win - meet in the lobby
Space is limited to 50 people

To register call Jenn 878-2146 or Amanda 878-3772
or Stacy 878-2111 by Monday, October 19th

Dr. Sandy Popham, M.D. was selected a "Top Doc"
in Duluth-Superior Magazine's annual reader survey
for five years running.

Dr. Popham, and her staff at Duluth Kidney Services provide the finest care
for patients with chronic kidney disease in a comfortable, caring, patient-
friendly environment. They are the region's experts in dealing with the
potential complications of chronic kidney disease. Managing chronic kidney
disease and keeping your kidneys functioning at their best is their goal.

We will also have presentations on diet to protect your kidneys and exercise to
maintain your daily function. We will start the day with a delicious kidney
friendly breakfast. We hope to see you October 22nd!

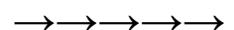
American Diabetes Association Expo

Learn how to be healthy, active and live well with diabetes!
Includes screenings, cooking demonstrations, product and service exhibitors,
and leading experts talking about diabetes management and prevention.

Minneapolis Convention Center
Saturday, October 10, 2015
9:00 AM—3:00 PM

Take a COACH BUS from Duluth, Cloquet and Moose Lake
Bus Cost: \$10 in advance (includes beverages & snacks on the bus)
Call Jean Maslowski at 218-878-7071 to reserve a spot on the bus
THEN: Fill out registration form on next page and mail it with a check to
HOLD your spot on the bus!

If she doesn't receive your check your spot will not be held.



THANKS to Duluth Lions Chapter
& the Northern Diabetes Educators
Group for sponsoring the bus!

Living In Balance Newsletter

Fond du Lac Human Services

Jennifer Hall—Medical
927 Trettel Lane
Cloquet, MN 55720



American Diabetes Association Expo—Bus Registration

Name: _____ Phone Number _____

Email address: _____

Location to be picked up is: _____

Send this to: NDEG, 2800 West Superior Street, PO Box 16834, Duluth, MN 55816

Bus Schedule from Duluth:

6:00 am—Pick up at Cub Foods in Duluth: Park between Cub & Cash Wise at the back of the lot.

6:45 am—Pick up at Super One Foods in Cloquet: Park behind building, off Armory Road near Good Hope Church

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

8:45 am—Arrive at Minneapolis Convention Center

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

5:00 pm—Arrive in Moose Lake at Subway

5:30 pm—Arrive at Super One in Cloquet

6:00 pm—Arrive at Cub Foods in Duluth

*** We recommend you bring a bag lunch for the day, but there is food available for purchase. We also suggest pre-registering for the EXPO so you can enter the hall more quickly that day.**