



# Diabetes Awareness & Peer Support WILMINGTON, NC

## YOU'RE INVITED TO JOIN IN THE FUN!

If you are living with **TYPE 1, TYPE 2 Diabetes, Glucose Intolerance/Insulin Resistance**, OR are a friend, spouse or caregiver of an individual who has Diabetes, and want to learn more, then this support group is right for you!

This group will provide peer support and education for better living in a FUN atmosphere for those individuals battling Diabetes.



LIKE US on FaceBook at: [DAPS Wilmington, NC](#)

## WHEN: JAN. 21, 2016 at 7:00pm

**Topics:**      **Understanding Your Oral Diabetes Medications:  
Getting to Know the Medications You Take Every Day,  
Along with Nutrition and a More Active Lifestyle  
To Keep your Blood Sugars Consistent & Controlled**

**WHERE: Wilmington Health – 2<sup>nd</sup> FLOOR LOBBY  
1202 MEDICAL CENTER DRIVE; Wilmington, NC 28401**

*LEADERS: Heidi Kaufman, MS, LDN, CDE; Clinical Nutritionist  
and Lisa Novarro, former District 31-H DAPS Chairman, Lions Clubs International*

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