



**We look forward to
meeting you!**

Your journey is unique and we
want to help support you!

Oregon Heart & Vascular Institute

Diabetes Support Group

We want to help support you, wherever you are
on your diabetes journey!

- Peer-to-peer support in a comfortable setting
- Directed by a Registered Dietitian and Certified Diabetes Care & Education Specialist.
- Review how to self-monitor, how to recognize common associative behaviors and provide strategies for dealing with them.
- Discuss new pharmacologic tools (insulin, oral medication, etc.) and self-monitoring tools (finger stick glucometer, continue glucose monitors, etc.).
- Learn to manage stress and incorporate physical activity as a stress-busting tool.



First Tuesday of the Month

Oregon Heart & Vascular Institute | 5 – 6 p.m.

Demo Kitchen, ground floor

Support persons, friends and family members are welcome
to attend our monthly group meeting.

JOIN OUR GROUP!

Cecelia Jacobson, RD, LD, CDCES | cjacobson3@peacehealth.org