



## Group Programs - Fall 2011

Please talk to any member of your health care team  
If you are interested in any of these programs!



Category	Group/Session	Purpose	Dates	Contact Person
Cholesterol	Healthy Eating for Your Heart	To learn how the foods you eat can improve your cholesterol and blood pressure	Choose one of: Tuesday, Sept 13 <sup>th</sup> , 2011 6-8PM Tuesday, Oct 11 <sup>th</sup> , 2011 6-8PM Tuesday Nov 8 <sup>th</sup> , 2011 6-8PM Tuesday, Dec 13 <sup>th</sup> , 2011 6-8PM	Michele
Weight management	Living with Vitality	To learn how to eat well, be active, and improve body weight and self esteem	Wednesday mornings: 9-10 AM Sept 28 <sup>th</sup> , Oct 5 <sup>th</sup> , 12 <sup>th</sup> , and 19 <sup>th</sup>	Michele
Diabetes	Nutrition 101 for Diabetes	To learn how food and activity effect blood glucose levels. Diabetes education with a focus on goal setting.	First Tuesday of each month: Tuesday, Sept 6 <sup>th</sup> , 6-8 PM Tuesday, Oct 4 <sup>th</sup> , 6-8 PM Tuesday, Nov 15 <sup>th</sup> , 6-8 PM Tuesday, Dec 6 <sup>th</sup> , 6-8 PM	Michele
	Diabetes Prevention	For patients with prediabetes.	Tuesday, Oct 18 <sup>th</sup> , 6-8 PM Tuesday, Nov 22 <sup>nd</sup> , 6-8 PM	Michele
	Insulin Group	To help patients learn how to safely manage their insulin and improve their blood glucose levels	1 <sup>st</sup> and 3 <sup>rd</sup> Mondays 4:30-6 PM as part of the SFHC Diabetes Clinic	Anne or Michele
Mental Health	Anxiety	To learn tools for coping with anxiety.	Thursday evening group starting October 6 <sup>th</sup> 6-8 PM for eight weeks Friday group starting October 14 <sup>th</sup> from 2-4 PM lasting eight weeks	Lynn
	Self Esteem	A woman-centered group intended to provide a safe environment to share self-esteem issues.	Thursday evening group starting October 20 <sup>th</sup> 6-8 PM for six weeks	Miriam