

Group Programs – Spring 2012
*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	One Tuesday each month Tuesday January 17 Tuesday February 14 Tuesday March 20 6-7:30 PM	Michele
	Weight management	Vitality: 6 weeks to a Healthier You	To learn how to eat well, be active, and improve body weight and self esteem	Starting Thursdays Feb 2- March 8 4-5:30 PM
Diabetes	Eating Well with Diabetes	For anyone who wants to learn about carbohydrates and healthy eating to improve blood sugars and or body weight.	Tuesday, January 10 Tuesday, February 21 Tuesday, March 27 6-8 PM	Michele
	Diabetes Prevention	For patients with prediabetes. Focus on healthy eating and daily activity.	1st Monday of the month 6-8 PM February 6 March 5 6-7:30 PM	Michele/Anne
	Insulin Group	To help patients learn how to safely manage their insulin and improve their blood glucose levels	3rd Monday of month 6-7 PM	Michele/Anne
Mental Health	Social Anxiety	A men's group to learn tools for coping with anxiety.	Thursdays for 4 weeks Jan 12-Feb 2 6-8 PM	Lynn
	Anxiety Group	To help patients learn the skills for managing anxiety.	Thursdays for 8 weeks February 9 to March 29 6-8 PM	Lynn
	Anxiety Group	To help patients learn the skills for managing anxiety.	Tuesdays for 8 weeks February 14 to April 3 1:30-3:30pm.	Lynn



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