

# Diabetes Dialog 2019

## Evening Sessions 6-7pm

Memorial's Diabetes Wellness Program @ Cornerstone  
4003 Creekside Loop

**Please join us for these free programs!**

**January 8** – *“Practicing mindfulness as a tool with supporting self-care and diabetes”*

Presenter – Kristi Canning-Lee, MS

**February 5** – Cancelled due to weather; moved to April 2

**March 5** - *“Carbohydrate Counting”*

Presenter – Jennifer Hilmes RN, CDE

**April 2** – *“The Feet: Not just someplace to put your shoes”*

Presenter – Chris Bell, RN

**May 7** – *“Eating foods with variety and nutritional balance”*

Presenter – Lori Gibbons, Community Health Educator

**June 4** – *“Physical Activity”*

Presenter – Christian Datoon, physical therapist

**July 2** – TBD

**August 6-** *“Diabetes and Kidney Health”*

Presenter – Carol Taylor MPH, RDN

**September 3** – *“Diabetes Medication Update”*

Presenter – Nick Eckert, Pharmacist

**October 1** – *“Diabetes Technology Update”*

Presenter – Kathleen Paganelli RDN, CDE

**November 5** – *“Healthy Holiday Eating”*

Presenter – Lily Gonzalez, Community Health Educator

**December 3** – *“Holiday Food for Life”* – At Memorial's Community Ed,  
2506 W. Nob Hill Blvd. RSVP 249-5317.

Presenter – Ineke Ojanen RD, CDE

