

# Diabetes Support Group in Newport



**First Tuesday of each month**

**5 to 6 p.m.**

**Center for Health Education, Newport**

740 SW Ninth St., Newport

Join us for a free support group, providing education and encouragement for people with diabetes and their families. All are welcome to attend.

**March 6 ... Go Further with Food**

with Kandice Abramson, MS, RDN, registered dietitian nutritionist, diabetes educator

**April 3 ... Exercise and Diabetes**

with Nicole Schultz, BS, CMES, exercise specialist, case manager

**May 1... Hearing Loss**

with Le'Anne McEachern, AUD, audiologist, McEachern Audiology & Hearing Aid Center

**June 5 ... Insulin Resistance**

with Michele Partridge BSN, RN, CDE, diabetes educator

**\*July ... No support group**  
due to 4th of July holiday

**Aug. 7... Heart Disease and Diabetes**

with Deb Myres, RN

**Sept. 4 ... Medicare and Diabetes**

with Bob Berman, certified SHIBA councilor

**Oct. 2 ... Managing Stress**

with Amy Conner, certified wellness coach

**Nov. 6 ... Diabetes and Sleep**

with Michael Stout, RPSGT, CCSH, sleep medicine technician

**Dec. 4 ... Nutrition Tips for the Holidays**

with Kandice Abramson, MS, RDN, registered dietitian nutritionist, diabetes educator

Registration is not needed.

Call for more information: 541-574-4682



**Samaritan Pacific  
Communities Hospital**