

# Own Your Diabetes: Free Educational Seminars & Support Groups

West Chester Hospital offers free quarterly seminars for the community, titled "Own Your Diabetes," to those diagnosed with diabetes.

A multidisciplinary clinical team of diabetes experts will provide an introductory overview of diabetes and share important information about how to best manage the condition.

Seminar topics include:

- Diabetes Basics
- Medications
- Nutrition, Exercise & Fitness
- Healthy Coping
- Overcoming/Preventing Complications

Seminars are held from 9 to noon in the West Chester Hospital Plaza Conference Room (located on Level A) on the following dates:

- Sat., April 23
- Sat., July 23
- Sat., Oct. 22
- Sat., Jan. 21, 2017

**Register at [UCHealth.com/wchevents](http://UCHealth.com/wchevents).**

## Free Diabetes Support Groups

West Chester Hospital also offers monthly support groups that provide a free forum for sharing and discussion, and are led by certified diabetes nurse educators. Registration is not required.

### Support Group for Adults with Type 2 Diabetes

*Meets the first Tuesday of each month at 6:30 p.m.*

West Chester Hospital Cafeteria (Level A), 7700 University Drive, West Chester, OH 45068

### Support Group for Adults with Type 1 Diabetes

*Meets the last Tuesday of each month from 6 to 7 p.m.*

UC Health Physicians Office Building South (Next to West Chester Hospital)

The Community Room in the UC Health Women's Center, 7675 Wellness Way, 4th Floor, West Chester, Ohio 45069

### Free Diabetes Support Group – UC Health University of Cincinnati Medical Center Campus

*Meets the second Thursday of each month at 2 p.m.*

Hoxworth Center, Eye/Dermatology Conference Room (Ground Floor), 3130 Highland Avenue, Cincinnati, OH 45267

For information about any of these programs, please call (513) 298-SUGR (7847).

