



## Type 1 Diabetes Resource Group

**Location:** Heritage Victor Valley Medical Group 12424 Hesperia Rd Suite#28  
Victorville CA 92395

**Phone** 760-261-5209

**Time:** 7:00pm – 8:30pm

**Fee:** Free

### **Description:**

Offered Every 3rd Wednesday of each month, this support group is for Adults and Children affected by Type 1 diabetes and their family members.

The topics will be about the many aspects of health and wellness. Some of them include: Stress reduction, monitoring blood sugars, emotions, School 504 plans, upcoming Type1 Diabetes events, Recipes, and much more.

- January 18, 2017—Getting your A1c back on target after the Holidays
- February 8, 2017— Portion Control
- March 15, 2017—Healthy Meal Planning & Tips for caregivers/Family members
- April 18, 2017— Stress Management: How does it affect your Blood Sugar
- May 17, 2017—Label Reading& Carb counting
- June 21, 2017— Vacation and Travel Tips
- July 19, 2017—Signs and Symptoms of High or Low Blood Sugars: Does the Heat or Cold weather have any affect?
- August 16, 2017—School Readiness: 504 plan updates etc.
- September 20, 2017—Healthy Choices if Eating Out
- October 18, 2017—Tips and tricks for Halloween
- November 15, 2017—Recipe Modification/Surviving the Holidays
- December 20, 2017—Emotional Aspects and Eating

