



Diabetes Support Group Meetings

Conference
Room C at AMH

1100 Mercer Ave
Decatur, IN 46733

11 am - 12 pm

January 16th

March 19th

May 21st

July 16th

September 17th

November 19th

The American Diabetes Association (ADA) encourages participation in diabetes support groups. Diabetes can feel like an overwhelming disease because it impacts so many areas of daily life. By sharing experiences, group members often feel part of a community and are empowered to live life to the fullest. Participating in a support group can reduce stress, depression, anxiety and fatigue, and increase awareness of potential treatment options.

No registration is needed, and there is no cost to attend. Please contact **Megan Chiles at 260-728-3906 ext. 4434** with any questions

