

# DIABETES WELLNESS PROGRAM

**12:00 - 1:00 pm**

Location: Community Room # 2  
835 Sweitzer Street, Greenville  
Harrison Street Entrance

Presented by Karen Droesch, RD, LD, CDE,  
Wayne HealthCare Diabetes Educator

**FREE!**  
In-Person  
or Virtual  
Event

**March 14th - Nutrition Strategies**

**April 11th - Type 2 Diabetes - What You Need To Know**

**May 9th - Stress Management and Coping Techniques**

**July 11th - Tips to Manage Your Diabetes**

**June 13 - Stay Active**

**August 8th - Let's Answer Those Diabetes Questions**

**September 12th - Foot Care**

**October 10th - Fall into Better Diabetes Management**

**November 14th - Meal Planning tips**

**December 12th - Healthy Holiday Bites**

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Please RSVP (in-person or virtually) to Karen Droesch at  
937.569.6750 or [karen.droesch@waynehealthcare.org](mailto:karen.droesch@waynehealthcare.org).