



Diabetes Education & Support Group

Presented by



Join us at **Holden Rehabilitation & Skilled Nursing Center** for these informative and relaxed meetings presented by health care professionals and community members on diabetes- related topics . These meetings are being provided to help the general public with their questions and concerns about diabetes and diabetes management. Each meeting will offer advice on a different diabetes related topic. Questions and discussions are encouraged! Dinner will be provided. Free and open to the public of all ages , families and staff. Your reservation will be appreciated so that we may plan our meal and materials accordingly.

SPRING 2020 SERIES ~ ALL MEETINGS 6 - 7:30pm

March 5th – **Spring Cooking Demo** – Abbi Wood, RD – Holden Rehab

April 2nd – **Health Maintenance/Minimizing Complications/Living with Diabetes** –
Christine Oriol Mahoney, BS, RN-BC - Oriol Home Health

May 7th – **Diabetes & Physical Activity** – Aurora Foster, MS in Kinesiology
& Jackie Rougeau, PT, VP of Oriol Therapy Services

Dinner at 6pm and speaker immediately following. Questions encouraged!

32 Mayo Drive, Holden ~ In the Community Room! RSVP to Debby at 508-829-1213

This program is provided as a public service by the Oriol Foundation– More programs listed at www.oriolhealthcare.com or become a Facebook fan