

DIABETES SUPPORT GROUP 2024 SCHEDULE

March:	➤ 11 th at 7:00 pm ➤ 12 th at 10:00 am
April:	➤ 15 th at 7:00 pm ➤ 16 th at 10:00 am
May:	➤ 13 th at 7:00 pm ➤ 14 th at 10:00 am
June:	➤ 10 th at 7:00 pm ➤ 11 th at 10:00 am
August:	➤ 12 th at 7:00 pm ➤ 13 th at 10:00 am
September:	➤ 9 th at 7:00 pm ➤ 10 th at 10:00 am
October:	➤ 14 th at 7:00 pm ➤ 15 th at 10:00 am
November:	➤ 11 th at 7:00 pm ➤ 12 th at 10:00 am

LOCATION:

- **Grand Lake Medical Office Building – Suite D**
1140 South Knoxville Ave
St. Marys, Ohio



OUR MISSION

To optimize the health status of those we service by providing the highest quality, value, and service while remaining financially strong.



**JOINT TOWNSHIP DISTRICT
MEMORIAL HOSPITAL™**

AN AFFILIATE OF GRAND LAKE HEALTH SYSTEM

200 St. Clair Street
St. Marys, Ohio 45885-2400
Phone: 419-394-3335
Toll Free: 877-564-6897
www.grandlakehealth.org



**JOINT TOWNSHIP DISTRICT
MEMORIAL HOSPITAL™**
AN AFFILIATE OF GRAND LAKE HEALTH SYSTEM

2024

DIABETES SUPPORT GROUP

**Supporting
individuals living with
diabetes and their
families**



JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL DIABETES SUPPORT GROUP

FACILITATOR

Krissy Mullenhour RN,BSN,CDCES
Diabetes Education Coordinator

Contact Information

Telephone: 419-394-3387 or
877-564-6897
Extension 2147

Fax number: 419-300-1128

E-mail: kmullenhour@jtdmh.org

- Meetings are free and open to anyone interested in attending (no need to pre-register)
- A different topic is covered each month (announced through mailings and local newspapers)
- Contact Krissy Mullenhour RN, BSN, CDCES to verify dates, times, location, and topic. You can also ask to have your name added to mailing list to receive a postcard reminder each month regarding support group date/time and topic.

MISSION

To provide support to individuals living with diabetes and their families through education and friendship that empowers individuals to take control of their diabetes and enjoy a high quality of life.



GOALS

- To provide relevant education to help individuals manage their diabetes effectively
- To delay or prevent the complications associated with uncontrolled diabetes
- To provide a supportive environment where people with diabetes feel welcome and receive support from others
- To provide individuals an opportunity to share their experiences and coping strategies with others who have diabetes
- To increase public awareness about Diabetes