

# DIABETES SUPPORT GROUP 2022 SCHEDULE

March:	14 <sup>rd</sup> at 7:00 pm 15 <sup>th</sup> at 10:00 am
April:	11 <sup>th</sup> at 7:00 pm 12 <sup>th</sup> at 10:00 am
May:	9 <sup>th</sup> at 7:00 pm 10 <sup>th</sup> at 10:00 am
June:	13 <sup>th</sup> at 7:00 pm 14 <sup>th</sup> at 10:00 am
August:	8 <sup>th</sup> at 7:00 pm 9 <sup>th</sup> at 10:00 am
September:	12 <sup>th</sup> at 7:00 pm 13 <sup>th</sup> at 10:00 am
October:	10 <sup>th</sup> at 7:00 pm 11 <sup>th</sup> at 10:00 am
November:	14 <sup>th</sup> at 7:00 pm 15 <sup>th</sup> at 10:00 am

## LOCATION:

- **Grand Lake Medical Office Building – Suite D  
1140 South Knoxville Ave  
St. Marys, Ohio**
- Meetings could be cancelled due to Covid-19 or other issues. Look for cancellation information on GLHS Facebook page or by contacting Krissy Mullenhour



## 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](http://www.grandlakehealth.org)



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# 2022

# DIABETES SUPPORT GROUP

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



# JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL DIABETES SUPPORT GROUP

## FACILITATOR

Krissy Mullenhour RN, BSN, CDE  
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](mailto: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, CDE 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