

2022 Diabetes Support Group Meeting

Free monthly meetings
sponsored by the
Douglas County Health Department.

Meetings are held Wednesdays at 1:30pm

Contact registered dietitian Kristina Adams Smith, MS, RD, LDN for more information...217-493-8970 or slicedrightnutrition@gmail.com

Douglas County Health Department – 1:30pm

January 26
February 23
March 23
April 27
May 25
June 22
July 27
August 24
September 28
October 26
November 16*
December 21*

*November and December meet on the 3rd wednesday