

## HURON PERTH HEALTHCARE ALLIANCE

### FOR IMMEDIATE RELEASE

October 26, 2017



### **HPHA Supporting Individuals with Diabetes & Their Caregivers**

If you are living with diabetes or caring for someone who is, you may be interested in the Diabetes Support Group offered by the Huron Perth Health Care Alliances Diabetes Outreach Program.

The support group meets on the first Thursday of each month, taking a break in July and August, at the Sobeys Community Room in Stratford at 581 Huron St. from 2:00 pm to 3:30 pm.

Members of the support group find advice and self-management tips from other individuals living with diabetes. Refreshments, cooking demonstrations and grocery store tours are part of the interactive education that is offered by the HPHA Diabetes Educators.

“It’s wonderful to see the participants learning from each other and finding the support they need to live with this difficult chronic disease,” says Aileen Knip, Registered Nurse and Certified Diabetes Educator.

This program is offered free of charge.

For more information please contact the HPHA Diabetes Outreach Program at 519-272-8210 extension 2366 or visit [www.huronperthdiabetes.com](http://www.huronperthdiabetes.com)

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