

Join Us for **DIABETES SUPPORT GROUP**

Where: Hilo Medical Center
1190 Waianuenue Avenue
Learning Center on the Second Floor

When: 4:00-5:00 pm, every first Tuesday of the month.
Aug 7, Sept 4, Oct 2, Nov. 6, Dec. 4

Why: To gather and support individuals living with Diabetes

For more information, contact: Colleen Talich BSN, MBA, Certified Diabetes Educator, email: ctalich@hhsc.org or call (808) 932-3034

Supported by Hilo Medical Center and the Hilo Medical Center Foundation.

Signs of high blood sugar:

	Urinating often		Irritability
	Being thirsty more often than usual		Blurry vision
	Being hungry more often than usual		Wounds that won't heal
	Being tired more often than usual		Numb or tingling hands or feet