

## Edward-Elmhurst Diabetes Support Groups and Classes

What	When	Time	Location	Contact
<b>Adult Type 1 Diabetes Support Group</b>	Third Wednesday Jan-May & Sept-Nov.	5:30-6:30 p.m.	Edward-Elmhurst Health Center 1331 W. 75 <sup>th</sup> Street (next to College of DuPage) Naperville, IL 60540 (1 <sup>st</sup> floor conference room)	Cindy Bohac RD, CDE (630) 646-4644
<b>Adult Type 2 Diabetes Support Group</b>	First Thursday of odd months January, March, May, July, Sept, Nov.	6:30-8:00 p.m.	Edward Outpatient Center 24600 W. 127 <sup>th</sup> Street, Building A Plainfield, IL 60585 (lower level conf room)	Barb Kopelman RN, CDE (815) 731-3147
<b>Adult Diabetes Support Group Types 2</b>	First Wednesday of each month except July & August	6:30-8:00 p.m.	Elmhurst Hospital (east entrance/green parking lot) Elm Room 155 E. Brush Hill Road, Elmhurst, IL 60126	Diabetes Learning Center (331) 221-6440
<b>Insulin-Dependent (Pump &amp; Pre-Pump) Support Group Types 1 &amp; 2</b>	First Tuesday each month except July & August	6:30-8:00 p.m.	Elmhurst Hospital (east entrance/green parking lot) Willow Room 155 E. Brush Hill Road, Elmhurst, IL 60126	Diabetes Learning Center (331) 221-6440

### Jewel-Osco grocery store tours

This grocery store walking tour is led by a dietitian. Topics of discussion include where to find the healthiest foods, making healthy selections and food preparation. Questions are welcome and provide great discussion among the group. Tours are **free** and done based on availability of the dietitian and participants. Call Melissa O'Brien at (630) 336-1508 or email [Melissa.obrien@jewelosco.com](mailto:Melissa.obrien@jewelosco.com).