

The Houston Methodist Diabetes Self-Management Program is proud to offer a free monthly support group for people with diabetes, their friends and families. Please join us to discuss diabetes-related topics, gain support and encouragement, build awareness and so much more.

## 2018 DATES

January	San Jacinto	1/2/2018	6-7 p.m.
January	The Woodlands	1/18/2018	2-3 p.m.
February	Medical Center	2/28/2018	1-2 p.m.
March	Sugar Land	3/19/2018	1-2 p.m.
April	Willowbrook	4/12/2018	10-11 a.m.
May	San Jacinto	5/1/2018	6-7 p.m.
May	The Woodlands	5/17/2018	2-3 p.m.
June	Medical Center	6/27/2018	1-2 p.m.
July	Sugar Land	7/16/2018	1-2 p.m.
August	Willowbrook	8/9/2018	6-7 p.m.
September	San Jacinto	9/4/2018	6-7 p.m.
September	The Woodlands	9/13/2018	2-3 p.m.
October	Medical Center	10/24/2018	1-2 p.m.
November	Sugar Land	11/12/2018	1-2 p.m.
December	Willowbrook	12/7/2018	3 p.m.

Please visit [houstonmethodist.org/events](http://houstonmethodist.org/events) or call **832.667.LOSE (5673)** for more information.

### **Houston Methodist Hospital**

6445 Main St., Houston Methodist Outpatient Center, 23rd Floor

### **Houston Methodist San Jacinto Hospital**

4401 Garth Rd., Community Room, 1st Floor

### **Houston Methodist Sugar Land Hospital**

16651 Southwest Fwy. Medical Office Building 1, Suite 450

### **Houston Methodist The Woodlands Hospital**

17183 Interstate 45 S., Medical Office Building 1, Suite 490

### **Houston Methodist Willowbrook Hospital**

13300 Hargrave Rd., Hargrave Building, Suite 160

