

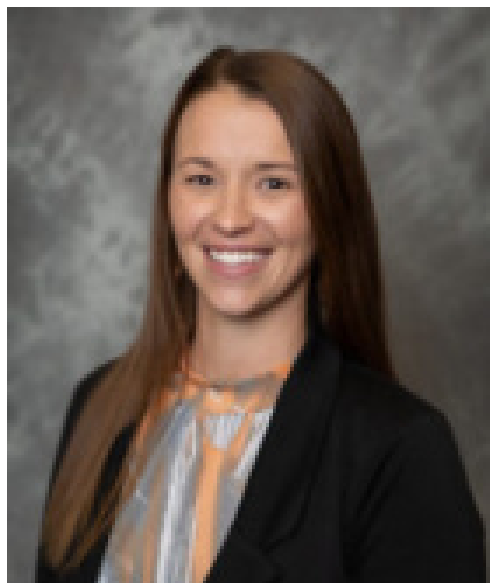
DICKINSON COUNTY DIABETES SUPPORT GROUP

MEMORIAL HEALTH SYSTEM

WHAT'S HAPPENING THIS MONTH AT DIABETES SUPPORT GROUP?

In February, Rachelle Sims, APRN at Heartland Health Care Clinic, will be sharing with us information on the importance of checking blood sugars. Please join us on February 7th!

Door prize given at every meeting!



NEW TIME, NEW LOCATION

Dickinson County Diabetes Support Group meets the first Tuesday of every month at 3:00 PM in the Nichols Education Center.

Nichols Education Center
1003 N Brady, Abilene, KS
(basement of Abilene Childcare Learning Center 2 - parking in the back)

BENEFITS OF ATTENDING DIABETES SUPPORT GROUP

IMPROVES KNOWLEDGE
ABOUT DIABETES

TEACHES SELF-CARE

EMPOWERS PEOPLE TO
CREATE HEALTHY
HABITS

Dark Chocolate Dipped Strawberries for Valentine's Day

A Sweet Life



Ingredients:

- 24 ripe strawberries, green stems intact, washed and dried
- 100 grams (3.5oz) bar of 85% cocoa dark chocolate bar, finely chopped

Directions:

1. Line a baking sheet with parchment paper and set aside.
2. Place chocolate in a heatproof bowl over a pot containing an inch of simmering water. The bowl should not touch the water. Stir continuously until chocolate is melted.
3. Hold the strawberries by their stems and dip them one at a time in the chocolate allowing excess chocolate to drip off.
4. Place each strawberry on baking sheet.
5. Refrigerate for 30 minutes to allow chocolate to set.

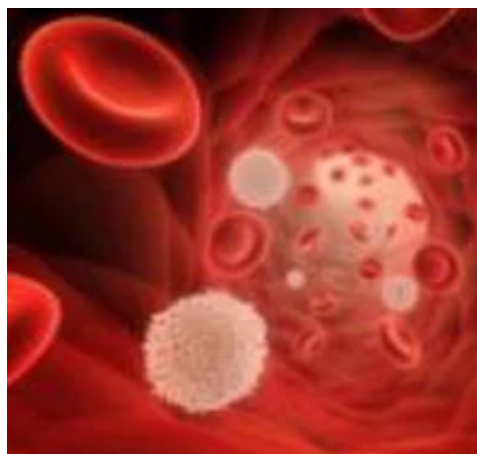
Nutrition Facts (Serving size 2 strawberries):

Calories 194, Sat Fat 7 g, Carbohydrates 19 g, Protein 3 g

Q&A

Q: What is an A1c?

A: A Hemoglobin A1c is a 2-3 month average of your blood sugars. This result gives you a good idea of how well your diabetes is being managed/controlled. The American Diabetes Association recommends an A1c of <7% to keep the risk of complications low.



For Information on Diabetes Support Group, please contact:
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