



CHW

Hospitals of the Central Coast

Arroyo Grande Community Hospital
French Hospital Medical Center
Marian Medical Center

Recognized for Quality, Safety and Service

NEWS RELEASE

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French Hospital Medical Center to Offer Free Diabetes Support Groups and Classes

(SAN LUIS OBISPO, CA) – January 5, 2012 – French Hospital Medical Center (FHMC) invites the community to a series of free community classes and support groups for those with diabetes.

The **SLO Pokes Type 1 Diabetes Support Group** offers a network of support to local diabetes patients and their family members, providing emotional encouragement and the resources necessary to face the challenges of Type 1 diabetes. The support group meets on the last Monday of every month from 6 to 7 p.m. beginning on January 30, 2012. Please note that meetings will not be held in May, July, August, November or December 2012. Each meeting will be held at the French Hospital Medical Center Auditorium, 1911 Johnson Avenue, San Luis Obispo. A light snack will be provided at the meeting. Reservations are not required to attend the group.

The **Type 2 Diabetes Support Groups** similarly focuses on providing resources and encouragement to patients with Type 2 diabetes. This group will meet on the fourth Wednesday of every month from 3 to 5 p.m. beginning on February 22, 2012, at the French Hospital Medical Center Auditorium, 1911 Johnson Avenue, San Luis Obispo. Reservations are also not required to attend the group.

Diabetes Conversations is a class series designed for the newly diagnosed Type 2 diabetic or those that need a refresher course. The goal of the classes is to empower patients to better manage their diabetes. The classes will be held on the below dates in January and February 2012 from 3 to 4 p.m. at Saint Patrick's Catholic Church, 501 Fair Oaks Avenue, Arroyo Grande. Reservations are strongly encouraged, but not required to attend all classes. The scheduled topics are as listed below:

- January 26—What is diabetes?
- February 2—What are those blood sugar numbers all about?
- February 9—What should I eat?

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Arroyo Grande Community Hospital
345 Halcyon Road
Arroyo Grande, CA 93420
805. 489. 4261

French Hospital Medical Center
1911 Johnson Avenue
San Luis Obispo, CA 93401
805. 543. 5353

Marian Medical Center
1400 East Church Street
Santa Maria, CA 93454
805. 739. 3000

- February 16—The Power of Exercise

The diabetes support groups and classes are free of charge, are open to the public and are facilitated by French Hospital Medical Center's Diabetic Educator Sandra Miller, R.D., C.D.E. For more information, about the diabetes classes and support groups offered by FHMC, please call Sandra Miller at (805) 542-6229.

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About French Hospital Medical Center

French Hospital Medical Center is a not-for-profit hospital established in 1946 and is located in San Luis Obispo, California. This 112-bed hospital with its team of over 500 employees and more than 300 physicians extend the mission of providing compassionate, high quality health care services to San Luis Obispo and its surrounding communities. French Hospital Medical Center is part of the CHW Hospitals of the Central Coast with sister hospitals at Arroyo Grande Community Hospital in Arroyo Grande, CA and Marian Medical Center in Santa Maria, CA. As part of Catholic Healthcare West, we help to create the largest Catholic Health Care System in the western United States. To learn more go to www.frenchmedicalcenter.com.

About the Catholic Healthcare West Hospitals of the Central Coast

The Catholic Healthcare West (CHW) Hospitals of the Central Coast includes Arroyo Grande Community Hospital, French Hospital Medical Center, and Marian Medical Center. These three hospitals are made up of a team of more than 2,400 employees and more than 790 physicians. We are part of the CHW system of 40 hospitals in California, Arizona and Nevada. It is our mission to deliver compassionate, high-quality, affordable health care services with special attention to the poor and underserved. For more information www.arroyograndehospital.org, www.frenchmedicalcenter.org or www.marianmedicalcenter.org

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