

Healthy Lifestyles

Rowan REGIONAL MEDICAL CENTER
WELLNESS CONNECTION



Diabetes Support Group

Do not miss the opportunity to learn more about diabetes and get the support you need.

Please join us for the Wellness Connection's monthly support group. This group is for patients and family with diabetes and will focus on a healthier lifestyle, weight management, diet, exercise and supporting each other.

This is a free program. No appointment needed.

Date: Tuesday, August 10th

Time: 11:00AM - 12:00PM

Location: Saleeby-Fisher YMCA, East Rowan

Date: Wednesday, August 11th

Time: 11:00AM - 12:00PM

Location: J.F. Hurley Family YMCA, Salisbury

Date: Thursday, August 12th

Time: 11:00AM - 12:00PM

Location: J. Fred Corriher, Jr. YMCA, South Rowan

