



# LIFE CENTER 2025

DIABETES, ENDOCRINOLOGY & WELLNESS

## Komatke Health Center

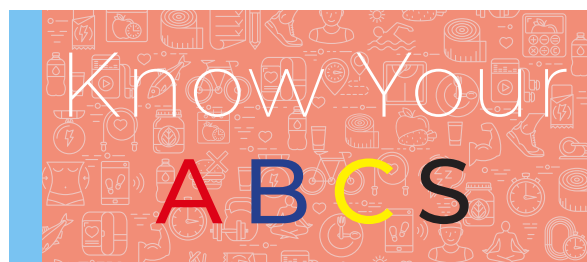
# DIABETES SUPPORT GROUP

*Please join us for a time of  
sharing and support.*

*Sample topics:*

- Stress management
- Mindfulness
- Motivation
- Healthy snacks

**KHC Life Center Second  
Thursday of every month  
1 pm - 2 pm**



**Please Register! Classes are limited!**

For information and registration, please call the Life Center at:

**Main Phone**

(520) 562-7940

**Visit Our Page:**

[grhc.org/lifecenter](http://grhc.org/lifecenter)

