

St. Anthony Hospital  
2801 St. Anthony Way  
Pendleton, OR 97801

## Blue Mountain Diabetes Champions

*A Support & Education Group for People Living with Diabetes*

### DO YOU:

- *Need support and up-to-date information about diabetes?*
- *Want to learn from people like yourself who are living with diabetes?*
- *Want to support others in your community who have diabetes?*

Blue Mountain Diabetes Champions is a support and education group where people who live with diabetes, a certified diabetes educator, dietitian and/or professional guest speakers come together to discuss ways to manage and prevent diabetes.



### 2019 MEETING DATES

3:00 - 4:00 PM | Third Wednesday of the Month  
Conference Rooms 3 & 4

March 20

April 17

May 15

June 19

July 17

August 21

September (no meeting)

October 16

→ *Just show up,  
no need  
to register!*

For the topic of the month, see our ad in the *East Oregonian*, or contact us.

### For more information:

Melissa Naff, RD, LD, CDE  
(541) 278-3249 PHONE  
melissanaff@chiwest.com

Christine Guenther, RD, LD  
(541) 278-3235 PHONE  
christineguenther@chiwest.com

[sahpendleton.org](http://sahpendleton.org)