

# Diabetes Support & Education Group

**First Wednesday  
Jan., 3rd, 1:30 to 3:00 pm  
Trillium Room**



Meal Planning:  
“A Practical Approach to  
Managing Diabetes”  
Jon Billinger, OHSU  
Physician Assistant Student

Milwaukie Center  
A Division Of North Clackamas Parks  
and Recreation District  
5440 SE Kellogg Creek Dr.  
Milwaukie, Oregon 97222

