

# 2009 DAGC Diva Coaching Session Schedule



**All coaching sessions, unless otherwise noted, will be held at:**

Diabetes Association of Greater Cleveland  
3601 Green Road, #100; Beachwood, Ohio 44122; 216-591-0800  
(just south of the intersection of Green Road and Chagrin Road; across from the golf course parking lot)

**General Coaching session agenda: 9:30 - noon**

9:30 am	Diva social time
10:00 am	Diabetes education time
11:00 am	Activity time
Noon	Coaching session ends

**January 10, 2009**

Sue Cotey	Diabetes Medications
Denise Adkins	Self-massage techniques
Jerry Simms	Programs offered through Huron Hospital

**February 7, 2009**

Anne Hornsby	Be Your Own Valentine...learn to love yourself
Nanc Luttner	Handmade Valentine's Day cards that say I love you

**March 7, 2009**

Sue Barlow	Blood Glucose Monitoring
Anne Hackett	LifeScan meter / strips give away
Activity	"Tu Diabetes" Word in Your Hand project

**April 4, 2009**

Max Szedek	Divas Who SWIM at CSU Natatorium
Nina Kindle	Selecting the perfect bathing suit

**May 9, 2009**

Lucy Thomas	Diabetes and Women's Health Issues
Activity	Keeping you cool with collage fans
	Free mammogram information / breast health display

**June 6, 2009**

Walk in the Garden (walking tour of Lakeview Garden Cemetery)  
Held at Lakeview Cemetery: meet at the Wade Chapel