

**Diabetes Awareness Group:**

The CMMC Diabetes Self Management Education class provides helpful management tips and educational information for diabetics. A “Food for Thought for the Diabetic” class is held on the 3<sup>rd</sup> Tuesday of each month from 8:30 am to 3:00 pm. This class is free to the public. For more information, please call Annette Garcia-Lerma, RN at (830) 393-1547.

**Stroke Support Group:**

The Stroke Support Group at Connally Memorial Medical Center helps survivors to identify devices, lifestyle changes and agencies that are important to recovery. This group meets once a month in the CMMC dining area on the 1<sup>st</sup> Wednesday of each month from 10:00 am to 11:00 am. For more information, please call Steve Bear at (830) 393-5447.

**Brain Tumor Support Group:**

This group meets monthly on the 3<sup>rd</sup> Tuesday at 7:00 pm to 8:00 pm in the CMMC Dining Conference Room. Attendees can speak freely about their experiences and recovery process. For more information, please call Teresa Zdansky at (830) 779-3059.

**Basic Life Support and Heart Saver Provider Courses:**

CMMC is proud to bring American Heart Provider courses to Wilson County so residents can benefit without having to make a long trip into San Antonio. The professional staff’s goal is to create an environment that promotes learning in a comfortable and relaxed atmosphere. Classes are provided on the third Monday of each month from 8 am to 12 pm and 2 pm to 6 pm. The afternoon class includes first aid for childcare workers and other interested individuals. For more information and to schedule a class, please contact Annette Dziuk at (830) 765-5098.

**Babysitting Safety Why’s Course:**

The CMMC Safety Why’s Course is offered in the spring of each year. This class instructs children between the ages of 11 and 17 on the various topics related to becoming a “super sitter.” Instructors teach CPR, crime prevention, fire safety, first aid, electrical and natural gas safety, infection control and more. Class size is limited and pre-registration is required. For more information, please call Yvonne Moseley (830) 393-1305.