
FOR IMMEDIATE RELEASE

TCHC introduces new nutrition support group

WADENA, Minn. – Oct. 17, 2018 – Tri-County Health Care is introducing a new bi-monthly support group titled Change Your Weighs, which will replace the Diabetes Support Group. The purpose of the group is to provide nutritional resources and information for people with diabetes, prediabetes or those seeking to lose weight or learn more about a healthy diet. It will be held from noon to 1 p.m. in the lobby room at the Maslowski Wellness and Research Center in Wadena. The next class will be held Tuesday, Nov. 27.

All are welcome to attend. Because class takes place over the typical lunch hour, attendees are welcome to bring a lunch. A small snack will be provided. Participants are not required to stay the entire hour.

Classes will be held every other month and will be taught by a registered dietitian or nurse/diabetes educator from Tri-County Health Care. Guest speakers will occasionally attend throughout the year.

The dates and topics include:

- Nov. 27 – How to Handle the Holidays
- Jan. 29 – Changing Your Weighs with Physical Activity
- March 26 – Healthy Weighs with Food Labels
- May 21 – How to Manage Stress for a Healthy Lifestyle
- July 23 – Grocery Shopping/Tour

For more information, call 218-632-7113 or visit TCHC.org.

ABOUT TRI-COUNTY HEALTH CARE

Tri-County Health Care is a private, not-for-profit health care system located in Wadena, Minnesota. It offers care services such as minimally invasive surgery, cancer care, diagnostic imaging, obstetrics and rehabilitation. Tri-County operates a 25-bed hospital and medical clinic in Wadena, as well as six satellite clinics and three physical therapy clinics across Todd, Wadena and Otter Tail counties. Satellite clinic locations include Henning, Bertha, Ottertail, Sebeka, Verndale and Baxter. Visit TCHC.org.

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