

# Alcoholic Anonymous Meetings 2016

Meetings every other  
Wednesday, beginning  
January 13th

Location: City Chambers  
Time: 6-7pm

All meetings are open so all our welcome!

Free coffee and snacks



## January

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## May

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## September

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## February

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28	29					

## June

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12	13	14	15	16	17	18
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26	27	28	29	30		

## October

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30	31					

## March

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

## July

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
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## November

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12	13	14	15	16	17	18
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26	27	28	29	30		

## April

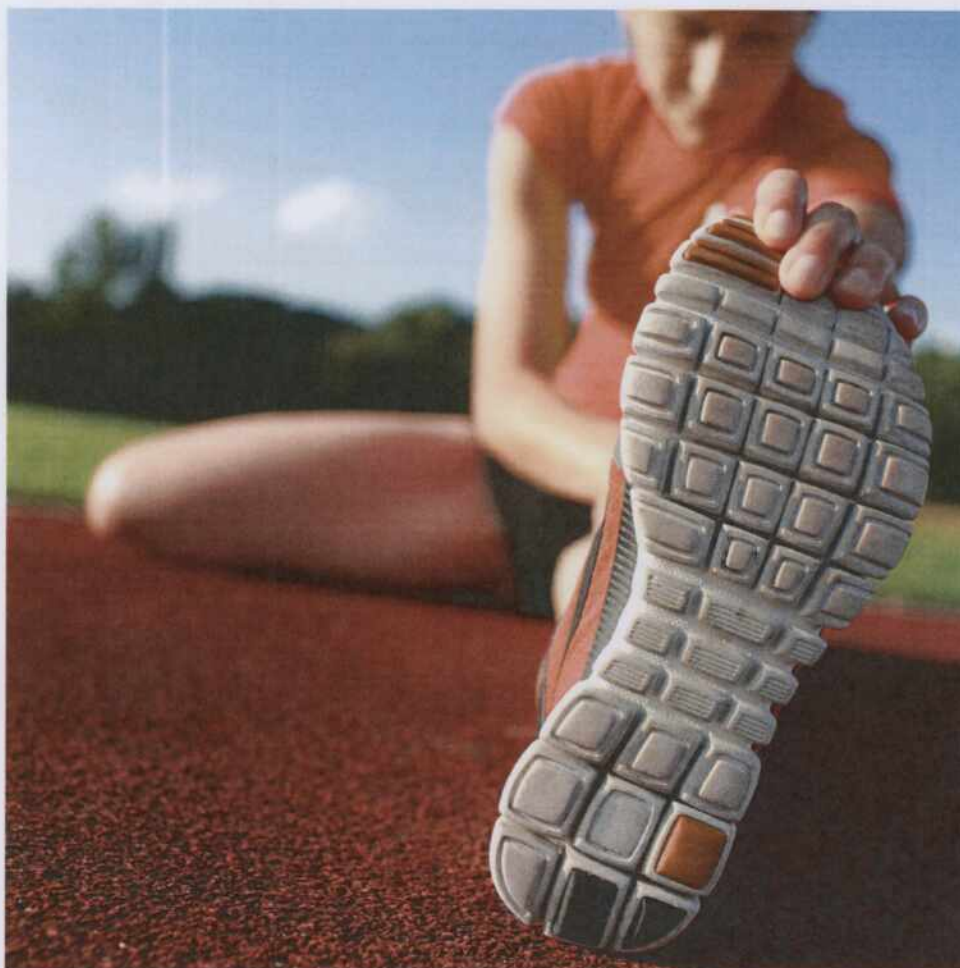
S	M	T	W	T	F	S
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30	31					

## August

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28	29	30	31			

## December

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23	24	25	26	27	28	29
30	31					



# DIABETES COMMUNITY GROUP

If you live with diabetes, you know that it can be a challenge and can be very frustrating at times. The goal of the diabetes group is to build a support system with others in similar situations and provide education for our community. Everyone is welcome.

Some healthy snacks will be provided. Feel free to bring your favorite healthy snack for everyone to try! Don't forget to mark how many carbohydrates per serving.

WHEN: FIRST  
MONDAY OF EACH  
MONTH

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WHERE:  
CITY CHAMBERS

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TOPICS: DIABETES  
LIFESTYLE CHANGES  
NUTRITION

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FOR MORE  
INFORMATION:  
CALL 907-383-3151

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HOW MUCH AND HOW  
OFTEN SHOULD PEOPLE  
WITH DIABETES  
EXERCISE?

Experts recommend moderate-intensity physical activity for at least 30 minutes on 5 or more days of the week. Could include walking briskly, mowing the lawn, dancing, swimming, or bicycling.