

**Wednesday, March 5**

- "Ask a Cardiologist" - 8:30am

**Wednesday, March 26**

- March Lunch & Learn: Activity + Eating - 12:00pm

**Thursday, March 27**

- Diabetes Support Group - 6:00pm

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**"Ask a Cardiologist"**

**Time:** 8:30am

Do you have questions about heart health? If you are a YMCA member, make plans to stop in Wednesday, March 5, 8:30 - 10 a.m. to "Ask a Cardiologist" as Maurice Alston, DO, FACC, interventional cardiologist will be there to answer your questions.

**Wednesday, March 5, 8:30 - 10 a.m.  
Athens-McMinn Family YMCA**



**Ask a Cardiologist.**

Do you have questions about how to keep your heart healthy? **Maurice Alston, DO, FACC, Interventional Cardiologist** at Starr Regional Medical Center will be there to answer your questions!



**March Lunch & Learn: Activity + Eating**

**Time:** 12:00pm

You're invited to join us for lunch and discussion on Wednesday, March 26 at 12 p.m. in the Physicians Dining Room of Starr Regional Medical Center - Athens. Jackie Berry, MS, RD, LDN, Director of Community Wellness at Starr Regional Medical Center, will present "Activity + Eating." March is National Nutrition Month.

This event is part of our Healthy Community Lunch & Learn series offered monthly. Lunch is provided and the event is free. RSVPs are encouraged but not required. Please register for the event using the form below.

### Diabetes Support Group

**Time:** 6:00pm

The Diabetes Support Group meets each month, with the exception of July and December, at 6 p.m. The event is free and open to community members who have been diagnosed with Diabetes or pre-diabetes and their caregivers.

**For information about the Diabetes Support Group or additional programs offered by the Diabetes Center at Starr Regional Medical Center, call [\(423\) 744-3249](tel:4237443249).**



Healthy Community Lunch & Learn

## ACTIVITY + EATING

WEDNESDAY, MARCH 26, 12 P.M.  
PHYSICIANS DINING ROOM  
STARR REGIONAL MEDICAL CENTER - ATHENS

Join us for lunch & a discussion on "Activity + Eating" led by Jackie Berry, MS, RD, LDN, Director of Community Wellness at Starr Regional Medical Center. March is National Nutrition Month.

This event is part of our Healthy Community Lunch & Learn series offered monthly. Lunch is provided and the event is free. RSVPs are encouraged, but not required.



RSVP  
Register online at  
[StarrRegional.com/event/118](https://StarrRegional.com/event/118)  
or text: 423.507.3659

Starr Regional Medical Center  
1114 W. Madison Ave. | Athens, TN 37130  
423.745.1411 | [StarrRegional.com](http://StarrRegional.com)



# DIABETES SUPPORT GROUP

## MARCH MEETING

THURSDAY, MARCH 27, 2025 | 6 P.M.  
STARR REGIONAL MEDICAL CENTER | PHYSICIANS DINING ROOM  
RSVP TO JACKIE BERRY, MS, RD, LDN AT 423.744.3249  
NO LATER THAN MARCH 20



*"Support, awareness, and action: the keys to fighting diabetes."*