

Diabetes Education Class

East Cooper Community Outreach (ECCO)
1145 Six Mile Road, Mt. Pleasant, SC 29466
(843) 849-9220

Free diabetes education classes meet every Tuesday
4 - 6 p.m.

Taking Off Pounds Sensibly (TOPS)

(803) 788-3834

TOPS is a weekly support group for weight loss. Groups meet all across the Lowcountry. Please call for meeting locations and times. There is no charge to visit a group. Membership is \$25 per year.

Welvista

2700 Middleburg Drive, Suite 104
Columbia, SC 29204
(800)763-0059 ext. 100

Welvista (formally known as Communicare) provides prescription medications to the working uninsured throughout South Carolina. If you have problems accessing diabetes medications, Welvista may be able to help you.

For more information on these or additional resources, or if you would like to talk about your disease, please contact Trident United Way at their 211 hotline. Just dial 2-1-1. For a free doctor's referral, call 402-CARE.

Living well with Diabetes



www.rsfh.com



Roper St. Francis Healthcare and Trident United Way are committed to your health and wellness. This brochure will provide you with local resources that can help you stay healthy and in charge of your diabetes.

Charleston County Diabetes Coalition

Charleston County Public Library
68 Calhoun Street, Charleston, SC 29401
(843) 792-5872

This group meets the second Tuesday of every month at 5:30 p.m. in the Charleston County Library. Available services include: diabetes education, community events, free diabetes screenings, health fairs, educational materials and exercise programs.

Diabetes Support Groups

Roper Hospital

316 Calhoun Street, Charleston, SC 29401
(843) 762-9555

The group meets every Tuesday at 3 p.m. in Conference Room 1, near the Roper Hospital Cafeteria.

Bon Secours St. Francis Hospital

2095 Henry Tecklenburg Drive, Charleston, SC 29414
(843) 762-9555

The support group meets the first and third Thursday of every month at 4 p.m. in the St. Francis cafeteria.

The Roper St. Francis Diabetes Treatment Center is an excellent resource for people with diabetes at any stage. Programs feature topics of interest to diabetics and others including information about nutrition, medications, stress management, exercise, foot and nail care and the latest devices and technical advances. For more information about the Diabetes Treatment Center, please call (843) 402-1099.

Diabetes Support Group

Trident Medical Center
9330 Medical Plaza Drive, N. Charleston, SC 29406
(843) 797-4933

This group meets on the second floor of Trident Hospital. Members share experiences about living with diabetes. The group is led by a certified diabetes educator and features guest speakers. The group does not meet in January, July and September due to holidays.

REACH 2010

MUSC – College of Nursing
99 Jonathan Lucas Street, 4th Floor, Room 426
Charleston, SC 29425
(843) 792-5872

Racial and Ethnic Approaches to Community Health (REACH 2010) is a coalition of people and organizations dedicated to reaching out and helping people of the African American community better manage their diabetes. The group offers educational opportunities, information and referral services to people living with diabetes.

Diabetes Education Class

Franklin C. Fetter Clinic
51 Nassau St. Charleston, SC 29403
(843) 722-4112

Free diabetes education classes meet every Wednesday 3 - 5 p.m.

Diabetes Education Class

Hollywood Medical Center
6326 Hollywood Drive, Hollywood, SC 29449
(843) 889-8827

Free diabetes education classes meet every Monday 10 a.m. - 12 p.m. and 2 - 4 p.m.