

2017 Mid-Main Groups

Notes

STATUTORY HOLIDAYS

⚙️ Turgeon DM: Mon 5:00-6:30pm

➔ Howard HTN: Mon 3:00-4:30pm

⦿ Loubert DM: Tues 3:30-5:00pm

♥ Loubert HTN: Tues 3:30-5:00pm

★ McKnight DM: Tue 3:30-5:00pm

◆ Majeed DM: Tues 5:00-6:30pm

§ Amid DM: Thurs 3:30 to 5:00pm

☺ Pre DM: Tues 5:00-6:30pm

DM=diabetes

HTN=hypertension

Pre DM = prediabetes

Patient Reminders:

-have any scheduled lab work done **at LEAST 10 days** before the session

-be sure to **call and confirm** whether you **will or will NOT** attend the session to ensure we are prepared for your visit. Leave a message at 604 873-6666 Local 230 (Susan's voicemail) or 604 618-9783 (Susan's cell)

-Arrive at least 15 minutes before the start of each session to allow for check in

Bring:

-a list of your current medications (including vitamins and supplements)

-copy of your blood sugar diary if you are using a glucometer

-list of recent readings if monitoring blood pressures at home

January 2017						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	◆10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	◆24/31	25	26	27	28	29

February 2017						
M	T	W	T	F	S	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					

March 2017						
M	T	W	T	F	S	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		

April 2017						
M	T	W	T	F	S	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

May 2017						
M	T	W	T	F	S	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				

June 2017						
M	T	W	T	F	S	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		

July 2017						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	◆11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	★25	26	27	28	29	30

August 2017						
M	T	W	T	F	S	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			

September 2017						
M	T	W	T	F	S	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	

October 2017						
M	T	W	T	F	S	S
						1
◆2	3	4	5	6	7	8
9	◆10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	◆24/31	25	26	27	28	29

November 2017						
M	T	W	T	F	S	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			

December 2017						
M	T	W	T	F	S	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

*Dr. Howard's Mon April 3rd HTN Group CANCELLED

Mid-Main Physicians: Dr. Sue Turgeon Dr. Lise Loubert Dr. Lisa Howard Dr. Dave McKnight Dr. Haseena Majeed Dr. Sima Amid Pharmacist/CDE: Susan Troesch