**Zoom Meeting Information**

<https://umms.zoom.us/j/91056241396?pwd=aXFuZVpOZG5INmIydVk0SWtDUXRydz09>

Meeting ID: 910 5624 1396

Passcode: 820863

One tap mobile

+13017158592,,91056241396#,,,,,,0#,,820863# US (Washington D.C)

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        +1 669 900 6833 US (San Jose)

        +1 253 215 8782 US (Tacoma)

        +1 346 248 7799 US (Houston)

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Join by SIP

91056241396@zoomcrc.com

Join by H.323

162.255.37.11 (US West)

162.255.36.11 (US East)

115.114.131.7 (India Mumbai)

115.114.115.7 (India Hyderabad)

213.19.144.110 (Amsterdam Netherlands)

213.244.140.110 (Germany)

103.122.166.55 (Australia)

149.137.40.110 (Singapore)

64.211.144.160 (Brazil)

69.174.57.160 (Canada)

207.226.132.110 (Japan)

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***\*\*\*\*Topics/Presenters subject to change\*\*\*\****

2021

Jan  26   Blood glucose monitoring and CGM’s (Continuous glucose monitoring)  Presenter: Karen Hollis, RDN, LDN, CDCES Lead Diabetes Educator, UMSRH Center for Diabetes & Endocrinology

Feb 23   Diabetes & Heart Health   Presenter: Sherrie Hill, RN; Manager, Cardiac Rehab Center, UMSRH @ Chestertown

Mar 23  Label reading/ Virtual grocery tour  Presenter: Joy Zhang, MS, RD, LDN; Clinical Dietitian UMSRH @ Easton & Chestertown

Apr 27   Diabetes & Foot Care Presenter: TBA

May 25 Diabetes and Exercise Presenter: Joy Zhang, MS, RD, LDN; Clinical Dietitian UMSRH @ Easton & Chestertown

June 22 Diabetes & Eye Health  Presenter: TBA

July 27  Diabetes and Technology  Presenter: Joy Zhang, MS, RD, LDN; Clinical Dietitian UMSRH @ Easton & Chestertown

Aug 24 Diabetes and Maintaining Oral Health  Presenter: Clinical Staff member from Smiles by Holsinger & Higgins, Denton, MD

Sept 28 Stress Management  Presenter: Joy Zhang, MS, RD, LDN; Clinical Dietitian UMSRH @ Easton & Chestertown

Oct 26  Diabetes and Kidney Health  Presenter: Katie Ewers, RDN, LDN, Staff Dietitian, Davita, Easton MD

Nov 23 Ask the Doctor about Medications  Presenter: Dr. Medha Satyarengga, endocrinologist UMSRH Center for Diabetes & Endocrinology

Dec 28  Tips to deal with Emotional Eating & Coping with Cravings  Presenter: Joy Zhang, MS, RD, LDN; Clinical Dietitian UMSRH @ Easton & Chestertown