

Contact: Jenni Morris, interim director, Marketing & Public Relations; jenni.morris@sghs.org, 912-466-2145

Southeast Georgia Health System Launches Healthy Me Support Group

BRUNSWICK, Georgia: March 3, 2025 – The Southeast Georgia Health System Diabetes Education Program is launching Healthy Me, a support group to help you take steps to living a healthier, more active life. This initiative provides an opportunity to learn, grow, and connect with others who share similar goals and challenges.

According to Sue Ullrich, RN, MA.Ed., CDCES, diabetes program coordinator and certified diabetes care and education specialist, “There is no one thing you can do to be a healthier person. Whether you're managing diabetes, pre-diabetes, or just striving for a healthier lifestyle, this group offers expert advice, helpful resources, and a supportive community to help you take control of your health.”

The program kicks off Tuesday, March 11 from 1-2 p.m. on the Brunswick Campus in the Kemble Conference Center located at 3011 Kemble Avenue, and will meet on the second Tuesday of each month thereafter. The Camden Campus meeting will be held on the third Tuesday of each month beginning March 18, 11 a.m.-12 p.m. in Conference Room A, located at 2000 Dan Proctor Drive, St. Marys.

The program is free and open to all. For more information, contact Ullrich at 912-466-1689.

ABOUT SOUTHEAST GEORGIA HEALTH SYSTEM

Southeast Georgia Health System is a not-for-profit health system comprised of two acute care hospitals, two Cancer Care Centers and multiple specialty care centers, including orthopaedic and spine care, joint replacement, breast care, maternity, outpatient rehabilitation, sleep management and wound care. The Brunswick Campus Cancer Care Center is accredited by the American College of Surgeons Commission on Cancer and is one of the few centers in Georgia to offer CyberKnife® M6 with MLC. Additionally, the Brunswick Campus is accredited by The Joint Commission as an Advanced Primary Stroke Center and the Camden Campus is accredited as an Acute Stroke Ready Hospital. The Southeast Georgia Physician Associates medical group includes more than 160 providers working in 20 different medical specialties at more than 40 locations. The Health System is part of Coastal Community Health, a regional affiliation between Baptist Health and Southeast Georgia Health System, a highly integrated hospital network focused on significant initiatives designed to enhance the quality and value of care provided to our contiguous communities. For more information, visit sghs.org.

###