

# **DIABETES EDUCATION PROGRAM 2017**

*" I have a little sugar, no one ever said it was DIABETES....."*  
*"No one in MY family has ever had diabetes....."*  
*"Why test my own blood sugars when you do it at every visit?"*

**For the answers to these questions and more, register for our next session of diabetes education classes.**

To register please call (516) 327-0850, Press option #4

**Session A-1, A-2 (Lisa): DIABETES SELF-MANAGEMENT:**

*" The "how to" to taking care of yourself with Diabetes*  
*" What SHOULD my blood sugars be?"*

**Session B (Wendy) YOUR AND YOUR DIET :**

*"What is left to eat" How do I work in my favorite foods??*  
*"What are carbs and how much and what kind can I have?"*

**Session C (Wendy) CARBOHYDRATE COUNTING AND PERSONALIZING YOUR DIET:**

*" When is a cheat not a cheat?"*  
*"I eat in restaurants very often, I don't know what to have."*

**Session D (Lisa): CONTROLLING YOUR BLOOD SUGARS**

*"What should I do when my sugars are high or low?"*  
*"I am sick, how does that affect my diabetes?"*

**Session E (Lisa): LONG-TERM COMPLICATIONS**

*"So I have diabetes, a lot of people have it what is the big deal?"*  
*"My uncle lost his vision, will that happen to me?"*

**Session F (Wendy) STAYING IN BALANCE**

*" Ok, so I know more about what to eat but I need some practical tips to make it work for me"*

**Session G (Lisa): COPING WITH DIABETES**

*"I am so stressed at home, in the office; can this affect my diabetes? I could use some new coping skills"*  
*"What resources are available to help me manage my diabetes? What can I do to manage my diabetes in the future?"*

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**Tuesday 6 -7 pm**

***01/17/17 A***  
***01/24/17 B***  
***01/31/17 C***  
***02/07/17 D***  
***02/14/17 E***  
***02/21/17 F***  
***02/28/17 G***

**Thursday 10:00- 11**

***01/19/17 A***  
***01/26/17 B***  
***02/02/17 C***  
***02/09/17 D***  
***02/16/17 E***  
***02/23/17 F***  
***03/02/17 G***

- **CLASSES NEED TO BE COMPLETED WITHIN 1 YEAR OF INITIAL STARTING DATE**
- **\*\*You must be registered to attend classes.**  
**\*\*There is a one time fee for a support person to attend with you.**

