Your doctor says you have diabetes. Now what?

Diabetes is a serious and complicated disease.

You have questions.

We can help.

Living With Diabetes has been recognized by the American Diabetes Association for Quality Self-Management Education.* It is designed to teach you key concepts about diabetes, answer your questions and give you practical information for daily living. Instructors include Certified Diabetes Educators, Registered Nurses, Registered Dietitians and Exercise Specialists.

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.
What you’ll learn:

At Living With Diabetes sessions, we talk about the topics that matter to you, including:

- What is Diabetes?
- Learning to Live with Diabetes
- Food and Blood Glucose
- The Importance of Meal Planning
- How to Read Food Labels • Menu Planning
- Sugar Free and Dietetic Foods • Dining Out
- Monitoring Your Blood Glucose • Medications
- Stress and Coping • Physical Activity and Exercise
- Long Term Complications • Changing Behaviors
- Personal Health Habits • Putting the Pieces Together

Schedule for 2014

January 20, 22 9 a.m. – 2 p.m.
February 17, 19 9 a.m. – 2 p.m.
March 15, 22 10 a.m. – 3 p.m.
April 22, 24 1 p.m. – 6 p.m.
May 12, 14, 19, 21 6 p.m. – 8:30 p.m.
June 16, 18 9 a.m. – 2 p.m.
July 14, 16 1 p.m. – 6 p.m.
August 11, 13, 18, 20 6 p.m. – 8:30 p.m.
September 22, 24 9 a.m. – 2 p.m.
October 20, 22 1 p.m. – 6 p.m.
November 8, 15 10 a.m. – 3 p.m.
December 1, 3 9 a.m. – 2 p.m.

To learn more about Living With Diabetes, call the Diabetes & Endocrinology Center of Niagara at 278-4102 or e-mail LivingWithDiabetes@nfmmc.org.