



Be Active in Managing Your Diabetes & Enjoy Living a Healthy Life

Taught by Certified Diabetes Educators:

Kelly Cardamone, MS, RDN, CDCES
Courtney Cardinal, Pharm.D., BCPS, CDCES

- **Learn** how your diet impacts your diabetes
- **Plan** healthy meals and snacks
- **Explore** various types of medications and treatments
- **Interpret** your blood glucose and A1C readings
- **Cope** with stress
- **Find** group support

Guest presenters include General Physician, PC pharmacists discussing the role of medications.

Kelly Cardamone has degrees in Nutrition, Exercise Science and Adult Education. She is a Registered Dietitian Nutritionist, Certified Diabetes Care & Education Specialist, Integrative & Functional Nutrition Certified Practitioner, ACSM Certified Exercise Physiologist and Personal Trainer and Wellcoaches Certified Health & Wellness Coach.

Upcoming Classes

TELEHEALTH CLASS

September/October

Tuesdays

September 28 and
October 5, 12, 19
5:30 pm – 7:30 pm

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IN PERSON CLASSES

September/October

Mondays

September 13, 20, 27
and October 4
5:30 pm – 7:30 pm

Williamsville Location:

705 Maple Road, Suite 300
Williamsville, NY 14221

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October/November

Thursdays

October 14, 21, 28
and November 4
5:30 pm – 7:30 pm

Buffalo Location:

1091 Main Street, Suite 301
Buffalo, NY 14209

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November/December

Wednesdays

November 3, 10, 17
and December 1
5:30 pm – 7:30 pm

Amherst Location:

3980A Sheridan Drive, Suite 200
Amherst, NY 14226

For more information and to register:

Contact General Physician, PC Primary Care – Williamsville office at **716.631.8400**.

Physician referral and registration are required. Cost of classes are covered by most insurance companies.
Contact your insurance company for your Summary of Benefits and Coverage.