



general
physician | nutrition**services**
pc

Diabetes Education Classes



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

Taught by Certified Diabetes Educators:

Kelly Cardamone, MS, RDN, CDCES, CDN, IFNCP | Program Coordinator

Julie Baudo, RDN, CDN, CDCES

Kathleen Kornacki, RDN, CDN, CNSC, CSP, 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.

UPCOMING CLASSES

IN PERSON CLASSES

September/October

Mondays

September 12, 19, 26

and October 3

5:30 pm – 7:30 pm

Williamsville Location:

705 Maple Road, Suite 300

Williamsville, NY 14221

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October/November

Wednesdays

October 12, 19, 26

and November 2

5:30 pm – 7:30 pm

Amherst Location:

3980A Sheridan Drive, Suite 200

Amherst, NY 14226

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October/November

Thursdays

October 27 and

November 3, 10, 17

5:30 pm – 7:30 pm

Buffalo Location:

1091 Main Street, Suite 301

Buffalo, NY 14209

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TELEHEALTH CLASSES

November

Tuesdays

November 8, 15, 22 and 29

5:30 pm – 7:30 pm

For more information or to register:

Ask your provider, call **716.800.CARE (2273)**

visit **gppconline.com**, or scan the QR code. >>



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.