general physician pc | nutritionservices

Diabetes Education Classes

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

Taught by Certified Diabetes Educators:

Kelly Cardamone, MS, RDN, CDCES
Christine Wolniewicz, 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.

Upcoming Classes

September Telehealth Class
Wednesdays
September 9, 16, 23 and 30
5:30 pm – 7:30 pm

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October Telehealth Class
Wednesdays
October 7, 14, 21 and 28
5:30 pm – 7:30 pm

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September/October In-Person Class
(10 participant maximum)
Thursdays
September 17, 24
and October 1, and 8
5:30 pm – 7:30 pm

Location
705 Maple Road, Suite 300
Williamsville, NY 14221

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.

For more information and to register

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

Only **Registered Participants** are allowed to attend the in-person classes due to social distancing space limitations

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.