general physician pc | nutritionservices

Diabetes Education Classes

Be Active in Managing Your Diabetes & 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

December Telehealth Class
Wednesdays
December 2, 9, 16 and 23
5:30 pm – 7:30 pm

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January/February Telehealth Class
Wednesdays
January 20, 27 and
February 3, 10
5:30 pm – 7:30 pm

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.

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.