

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

Taught by Certified Diabetes Educator, **Kelly Cardamone, MS, RD, CDN, CDE, CNSC**



- 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

Upcoming classes

Thursdays

January 31st, February 7th, February 14th
February 21st (grocery shopping tour)
5:30 pm – 7:30 pm

Location

705 Maple Road
Suite 300
Williamsville, NY 14221

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

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**.

Participants are encouraged to bring one guest (spouse, family member or friend).
