

## 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

#### Wednesdays

May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup>

May 22<sup>nd</sup> (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).

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