

FREE

FREE

Diabetes Support Group Agenda 2017

Third Wednesday each month from 1PM-2PM

- | | |
|---------------------|---|
| January 18 | New Year, New You: Starting the New Year off Right |
| February 15 | February is Heart Month: Learn tips & tests that can reduce your risk |
| March 15 | Celebrate National Nutrition Month: Healthy Food, Healthy Ideas |
| April 19 | Chair Yoga and Fall Prevention Tips |
| May 17 | Watch your Step: Learn the importance of proper foot care |
| June 21 | Secrets of Successful Weight Loss: Learn what strategies have been proven to help lose weight <i>and</i> keep it off |
| July 19 | Dining Out Tips and Tidbits: Helpful hints for making better choices |
| August 16 | Spotlight on Eye Care: Guest Speaker Ophthalmologist |
| September 20 | Grocery Store Tour: Join us at ShopRite in Bethpage located at 3901 Hempstead Turnpike (meet in front of produce section at 1pm) |
| October 18 | Diabetes and Sleep: Come hear about the relationship between sleep apnea and type 2 diabetes and tour our state of the art sleep center |
| November 15 | Celebrate Diabetes Month: Community Resources, Raising Awareness, and Creating a Support Network |
| December 20 | Healthy Holiday Tips & Recipe Exchange |

All sessions held in the Diabetes Education Center Classroom EXCEPT September 20th

All are welcome! No registration required.

Call 516-520-2214 for more information.

In the event of inclement weather PLEASE CALL AHEAD for updates

2017 SCHEDULE OF CLASSES

***Taught by Certified Diabetes Educators * Preregistration required * Most insurance accepted ***

Nationally Recognized Core Curriculum Program

This comprehensive diabetes self-management program is designed to provide patients a complete understanding of Diabetes. Based on the American Association of Diabetes Educator's (AADE7™) seven self-care behaviors proven to help patients in the prevention of complications and improving the quality of life. Includes an individual assessment visit and three (3 hour) group classes.

***Jan. 5,12,19 (6pm-9pm) *Feb. 2,9,16 (9am-12pm) *Mar 2,9,16 (6pm-9pm) *Apr. 6,13,20 (9am-12pm)
*May 4,11,18 (6pm-9pm) *Jun. 1,8,15 (9am-12pm) *Jul. 6,13,20 (6pm-9pm) *Aug. 3,10,17 (9am-12pm)
*Sept. 7,14,21 (6pm-9pm) *Oct. 5,12,19 (9am-12pm) *Nov. 2,9,16 (6pm-9pm) *Dec. 7,14,21 (9am-12pm)**



Refresher Program

This two hour program is designed to review essential elements to diabetes self-management in order to continue your successful journey controlling your diabetes. For some individuals, this program refreshes their knowledge and provides an opportunity to set new goals since their completion of the Core Curriculum Program. ***Monday March 6 (1pm-3pm) *Monday September 25 (1pm-3pm)**



A Recipe for Successful Meal Planning

This two hour program is designed to show how to plan healthy meals that are diabetes-safe and also delicious. This class provides helpful meal planning tips for those who are struggling with what to eat and for those who find dining out difficult. ***Monday May 22 (1pm-3pm) *Monday November 6 (1pm-3pm)**

Call 516-520-2214 today to reserve your place!



St. Joseph Hospital
Catholic Health Services
At the heart of health