



**FREE**

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## **Diabetes Support Group 2018**

Third Wednesday each month from 1PM-2PM

<b>January 17</b>	New Year, New You: Starting the New Year off Right
<b>February 21</b>	<b>No meeting</b> ♥ Happy Heart Month
<b>March 21</b>	Celebrate National Nutrition Month: Healthy Food, Healthy Ideas
<b>April 18</b>	Weight Loss Strategies that Work
<b>May 16</b>	Chair Yoga and Fall Prevention Tips
<b>June 20</b>	Foot Care Tips for Healthy & Safe Feet
<b>July 18</b>	Stress Management Tips and Techniques
<b>August 15</b>	Spotlight on Eye Care: Guest Speaker Ophthalmologist
<b>September 19</b>	Extreme Dining: The best and the worst of eating out
<b>October 17</b>	Grocery Store Tour: Join us at ShopRite in Bethpage located at 3901 Hempstead Turnpike (meet in front of produce section at 1pm)
<b>November 14</b>	Celebrate Diabetes Month: Community Resources, Raising Awareness, and Creating a Support Network
<b>December 19</b>	<b>No meeting</b> ♥ Happy Holidays

All are welcome! No registration required.

Note: Topics and speakers are subject to change

**Call 516-520-2500 for more information.**

In the event of inclement weather PLEASE CALL AHEAD for updates

# 2018 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. 4,11,18 (1pm-4pm) \*Feb. 1,8,15 (9am-12pm) \*Mar 1,8,15 (6pm-9pm) \*Apr. 5,12,19 (9am-12pm)  
\*May 3,10,17 (6pm-9pm) \*Sept. 13,20, 27 (1pm-4pm) \*Oct. 4,11,18 (9am-12pm) \*Nov. 1,8,15 (6pm-9pm)  
\*Dec. 6,13,20 (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 5 (1pm-3pm) \*Monday September 24 (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 21 (1pm-3pm) \*Monday November 5 (1pm-3pm)**

**Call 516-520-2500 today to reserve your place!**



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