



Kaleida Health

Managing Your Diabetes – A Patient Education* Program

Certified diabetes educators from Buffalo General Medical Center's Department of Nutrition will share important information on how to control your diabetes and be an active participant in your diabetes care.

Class participants will learn:

- Understanding a diabetes diagnosis
- Medications
- Testing – hypo/hyper, signs, symptoms, and treating low glucose
- Complications, including foot care
- A1C interpretation
- Benefits of exercise and nutrition
- Basic carbohydrate counting skills



Dates/Times/Locations:

Wednesday, June 26 9:30 a.m. – 12:30 p.m.
Wednesday, August 21 9:30 a.m. – 12:30 p.m.
Wednesday, October 2 9:30 a.m. – 12:30 p.m.
Wednesday, November 13 9:30 a.m. – 12:30 p.m.

(Buffalo General Medical Center • Clifton Conference Room, 1st Floor, C-Building)

Barbara Sylvester, RD, CDE, CDN (716) 859-2821

***Registration is required, and space is limited.
Please check coverage with your insurance provider.***

To sign up, call 716-580-7333. Please leave a voicemail message with your name and phone number, and your call will be returned within 1-2 business days.

Class participants may bring up to two guests for support.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.