

# What:

Diabetes Outreach

# When:

## Time:

5:30pm – 7:30pm

## Dates:

Wednesday, October 23<sup>rd</sup>  
Wednesday, October 30<sup>th</sup>  
Wednesday, November 6<sup>th</sup>  
Wednesday, November 13<sup>th</sup>

# Where:

103 West Main Street  
Home Care Conference Room  
Patchogue, NY 11772

Registration is Recommended.

### Connect with us:

**Maria Curcio, CDE, RDN, MS**  
**631.687.4188**  
[diabetesservices@LICommunityHospital.org](mailto:diabetesservices@LICommunityHospital.org)

LI Community Hospital is  
recognized by the  
American Diabetes Association  
(ADA)



Diabetes  
Wellness  
Education  
Services

# Self-Management Education For Diabetes



Led for you by: **Maria Curcio, RDN, CDE**  
Diabetes Wellness Education Services  
Coordinator

Our commitment is to partner with you so that you are equipped with skills to meet your needs. Together with the Certified Diabetes Educator and your peers, you will learn to make informed decisions daily on how to live a healthier life.

Here are some of the things you will learn:

- Planning healthy meals
- What your diabetes medications do
- Blood glucose monitoring
- Increasing your daily physical activity
- Coping and managing stress
- Staying motivated for a lifetime of health

Diabetes education is a covered benefit under most health plans whose beneficiaries have a diagnosis of type 1 or type 2 diabetes. Call for further information.

**Long Island  
Community Hospital**