



DIABETES SELF - MANAGEMENT EDUCATION SERVICES

Dear Neighbor,

As fellow Long Islanders, we care about your health. If you have diabetes, let us help you give the tools that you need to live a healthier life with diabetes.

MyHealth Long Island will offer the **American Diabetes Association's** Diabetes Self-Management Education Program beginning in June. Led by BMHMC's Diabetes Wellness Education Services team, the program is open to all MyHealth members of our community, who have been diagnosed with diabetes. This proven program focuses on lifestyle changes to reduce a person's risk of developing complications related to diabetes.

What to expect

Class topics will be taught by certified diabetes educators and an occasional guest speaker. During class we will discuss your individual needs and expectations for the program and what are your individual goals .

Class Schedule – 5 PM – 7 PM

Topics

Individual 1 on 1 Appointment - Your Individual Health Goals

Class 1 – June 18, 2018 Diabetes Overview, Health Goals and Nutrition

Class 2 – June 25, 2018 Healthy Eating and Meal Planning

Class 3 – July 9, 2018 Glucose Monitoring, Being Active and Medications

Class 4 – July 16, 2018 Reducing Complications, Staying Motivated and Your Diabetes Game Plan

3 month 1 on 1 Follow up Appointment

Classes will be held at 280 Union Avenue, Holbrook NY.

MyHealth Long Island accepts most major health plans. The majority of health plans cover diabetes education services. Please call us for further information.

For more information or to make a reservation for the upcoming program, email diabetesservices@bmhmc.org or call 631-687-4188.

Sincerely,

Maria Curcio

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