

What:

Diabetes Outreach

When:

Time:

1:00 pm – 3:00 pm

Date:

September 17th & 24th
October 1st & 8th

Where:

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

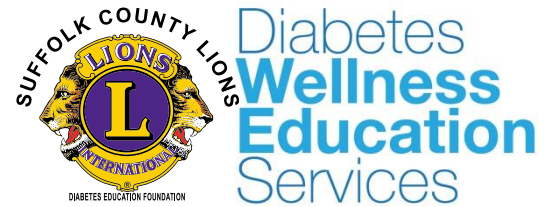
(Parking & Entrance is on Lake St.)

Registration is Recommended.

Connect with us:

Maria Curcio, CDE, RDN, MS
631-687-4188
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BMHMC is recognized by the
American Diabetes Association
(ADA)



Self-Management Education For Diabetes



Led for you by: Maria Curcio

Our commitment is to partner with you so that you are equipped with skills to meet your needs. These skills will help you make informed decisions daily on how to live a healthier life.

Several of the skills that you will learn include:

- 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

An initial 1 on 1 appointment is scheduled with the Certified Diabetes Educator followed by four two hour sessions and three month follow up after completion of the program.

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

*A physician's referral may be necessary depending on health plan.

BMHMC
Brookhaven Memorial Hospital Medical Center