

What:

Diabetes Outreach

When:

Time:

9:00am – 11:00am

Dates:

Saturday, June 8th
Saturday, June 15th
Saturday, June 22nd
Saturday, June 29th

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

**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**