



Diabetes Education Workshops

Join us for one of our two-hour training sessions to fine-tune your diabetes knowledge. Light refreshments will be provided.

Who Should Attend: People with Diabetes and their family members interested in diabetes education. **A physician referral and registration are required.** Please check with your insurance company about program coverage prior to registering. This is a billable service through most insurance plans.

Location: Saratoga Surgery Center, 3050 Route 50, 2nd Floor Conference Room, Saratoga Springs (may be subject to change)

Session One—Nutrition and Self Monitoring Blood Sugars*

**Bring your Glucometer*

Session Two—Exercise and Medications

Dates and Times:

Monday, June 1st and Monday, June 8th from 5:00-7:00 p.m.

Wednesday, September 16th and Wednesday, September 23rd from 5:00-7:00 p.m.

Friday, November 13th and Friday, November 20th from 2:00-4:00 p.m.

Instructors: Judy Carr and Cathy Chincola,
Registered Dietitians, Certified Diabetes Educators

Registration is required. For more information or to register,
contact Karen at 518-886-5121.



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people you trust. care you deserve.