



Do it for you ... and for those you love


Living With Diabetes classes are held throughout the year at the Diabetes & Endocrinology Center of Niagara on the third floor of Niagara Falls Memorial Medical Center's Mary C. Dyster Pavilion.

Schedule for 2007

| | |
|------------------------|----------------|
| January 9, 10, 16, 17 | 6-8:30 p.m. |
| February 7, 8, 14, 15 | 9:30 a.m.-noon |
| March 13, 14, 20, 21 | 6-8:30 p.m. |
| April 16, 17, 23, 24 | 1-3:30 p.m. |
| May 15, 16, 22, 23 | 6-8:30 p.m. |
| June 13, 14, 20, 21 | 9:30a.m.-noon |
| July 10, 11, 17, 18 | 6-8:30 p.m. |
| August 13, 14, 20, 21 | 1-3:30 p.m. |
| September 11,12,18,19 | 6-8:30 p.m. |
| October 10, 11, 17, 18 | 9:30 a.m.-noon |
| November 6, 7, 13, 14 | 6-8:30 p.m. |
| December 3, 4, 10, 11 | 1-3:30 p.m. |

Pre-registration is required. Call 278-4102 or e-mail LivingWithDiabetes@nfmmc.org.




 N I A G A R A F A L L S
 MEMORIAL MEDICAL CENTER
Niagara's Premier Health Network
 621 Tenth Street
 Niagara Falls, NY 14302

Living with Diabetes

Classes for 2007



278-4102



Your doctor says you have diabetes. Now what?

Diabetes is serious stuff.

A diagnosis of diabetes means your body isn't producing or properly using insulin, a hormone that converts sugar, starches and other food into the energy you need for daily living.

Although genetics and environmental factors such as obesity and lack of exercise appear to play roles, the cause of diabetes is a mystery.

What isn't a mystery is this: The more you know about diabetes, the better your chances of living a full and active life with it.

That's why the Diabetes and Endocrinology Center of Niagara is committed to giving you all the information you need.

That's why we developed **Living With Diabetes**, a diabetes self-management education program designed to help you get the most out of life.

You have questions

What type of diabetes do I have? What can I eat? How does food affect my blood sugar? How do I check my blood sugar? Will exercising make a difference?

How will diabetes affect my relationships with the important people in my life?



We have answers

Living With Diabetes is a four-session program that has been recognized by the American Diabetes Association for Quality Self-Management Education.* It is designed to teach you key concepts about diabetes, answer your questions and give you practical information for daily living. Instructors include Certified Diabetes Educators, Registered Nurses, Registered Dietitians and Exercise Specialists.



What you'll learn

At **Living With Diabetes** sessions, we talk about the topics that matter to you, including:

- **What is Diabetes?**
- **Learning to Live with Diabetes**
- **Food and Blood Glucose**
- **The Importance of Meal Planning**
- **How to Read Food Labels**
- **Sugar Free and Dietetic Foods**
- **Monitoring Your Blood Glucose**
- **Medications**
- **Stress and Coping**
- **Physical Activity and Exercise**
- **Personal Health Habits**
- **Menu Planning**
- **Dining Out**
- **Long Term Complications**
- **Changing Behaviors**
- **Putting the Pieces Together**

To learn more about **Living With Diabetes**, call the Diabetes & Endocrinology Center of Niagara at 278-4102 or send an e-mail to LivingWithDiabetes@nfmmc.org.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.