

# Diabetes Education K.I.P - Knowledge is Power



## FREE Diabetes Education Classes

### What Do I Eat If I Have Diabetes? Connecting Food to Blood Sugar-FREE

Basic carbohydrate counting, making sense of protein, fat and carbohydrates in your diet and how they affect blood sugar, information on sugar substitutes, meal planning, and the challenge of smaller portions, label reading, stocking your cupboard, restaurant eating, holiday eating and more.

**Dansville: Saturday June 5th, 9:00 AM—11:00 AM**

**Geneseo: Saturday June 19th, 10:00—12 noon**

**Dansville: Saturday July 17th, 9:00 AM—11:00 AM**

**Geneseo: Saturday July 17th, 10:00 AM—12:00 noon**

**Dansville: Saturday August 7th, 9:00 AM—11:00 AM**

**All class attendees will receive:**

- \$10.00 gift card to either Tops or Wegmans
- A copy of the book “*The Calorie King Calorie Fat and Carbohydrate Counter*”

### Exercise and Stress, Complications, Medications and Answers to Your Questions - FREE

Dispel some common myths about diabetes. Discuss physical activity, exercise and your blood sugar, establishing a safe exercise program, the stress and diabetes connection, suggestions for managing stress, sick day guidelines and other causes of blood sugar highs and lows. Enhance your understanding of diabetes over the years, glucometer testing, current medications and avoiding complications that affect your kidneys, eyes, and more!

**Dansville: Saturday, June 12th, 9:00AM—12:00 noon**

**Geneseo: Saturday, June 5th, 1:00 PM—4:00 PM**

**Dansville: Saturday, July 17th, 12:30 PM—3:30 PM**

**Geneseo: Saturday, August 28th, 1:00 PM—4:00 PM**

**Dansville: Saturday, August 7th, 12:30 PM—3:30 PM**


**All class attendees will receive an exercise band and pedometer**

**All will be entered into a drawing for a chair exercise DVD**

~ Dansville Classes are held at Noyes Hospital ~

~ Geneseo Classes are held at Noyes Hospital & Center for Kidney Disease and Dialysis ~

*Classes taught by RN, Certified Diabetes Educator or Registered Dietitian.  
This program is recognized by the American Diabetes Association.  
To register, contact **Nancy Johnsen, RN, CDE at (585) 335-4355***

 **Noyes**  
**MEMORIAL HOSPITAL**  
*Our strength is caring... our focus is you.*