

Central New York Diabetes Education Program (CNY Diabetes)

2019 FREE Continuing Education Programs

These educational opportunities are not replacements for attending formal classes. Each opportunity offers general education and does not provide personal counseling. Please contact CNY Diabetes for individualized instruction.



Education is the Key to Success in Managing Your Diabetes and Pre-Diabetes!

The following programs are provided free of charge. There is limited space and reservations are required.

To RSVP or for more information, please call 315-624-5623 or visit mvhealthsystem.org/diabetes. Dates and/or locations may be subject to change.

Knock Your Socks Off! *Podiatry Program for People with Diabetes*

- Friday, June 7, 2019
- Friday, November 15, 2019

Participants should arrive by noon. All classes are held in the CNY Diabetes Classroom on the 4th floor at the Faxton Campus, 1676 Sunset Avenue, Utica.

People with diabetes are at high risk for circulation problems that could lead to loss of sensation and poor healing in their feet. Proper skin and foot care is essential.

Each session provides information and a free foot exam lead by area podiatrists.

Healthy Living with Diabetes *Adult Support Group Meetings*

- Thursday, April 4, 2019
- Thursday, June 13, 2019
- Thursday, September 26, 2019

Attendees should arrive by 6 p.m. All classes are held in the Community Room in the Center for Rehabilitation and Continuing Care Services on the St. Luke's Campus, 1650 Champlin Avenue, Utica.

This support group is for any person with diabetes or pre-diabetes who is interested in speaking with others who are living similar lifestyles and dealing with the daily impact of diabetes management. Each meeting includes current news about diabetes and hosts a conversation forum between members. The objective of the group is to provide an outlet for people to give and receive both emotional and practical support as well as to exchange information.

Shop for Good Health with Diabetes

- Tuesday, April 9, 2019 | 10 a.m. to noon
- Monday, June 3, 2019 | 6 p.m. to 8 p.m.
- Tuesday, September 3, 2019 | 10 a.m. to noon
- Monday, November 4, 2019 | 6 p.m. to 8 p.m.

All classes are held at Hannaford Grocery Store, 4593 Commercial Drive, New Hartford.

Grocery shop with a certified diabetes educator and learn about your food choices. Every day people with diabetes make nutritional choices that impact overall health and blood sugar. Learn how to improve your daily choices with better nutrition.



Central New York Diabetes Education Program
4th Floor, Faxton Campus
1676 Sunset Avenue
Utica, New York 13502
315-624-5623 | mvhealthsystem.org/diabetes