What I Will Learn

- What is Diabetes?
- Nutrition & Meal Planning
- Exercise & Physical Activity
- Medications
- Self Blood Glucose Monitoring
- Dealing with High & Low Blood Sugars
- Avoiding Long-term Complications
- Foot Care
- Goal Setting & Problem Solving
- Emotional Adjustment & Stress Management
- Healthy Lifestyle Changes

Attend This Program If You Are

- Recently Diagnosed with Diabetes
- Changing your Treatment or Nutrition Plan
- Having Difficulty Controlling your Diabetes

Who Will Teach the Classes

Specialists in diabetes education including certified diabetes educators, registered nurses, registered dietitians and physical therapists.

Important Points

- Your physician will be contacted to complete the required referral form.
- One family member or friend may attend with you at no additional cost.
- If you need specific assistance, please let us know when you register.
- Program sites are handicapped accessible.

Additional Services

- Individual Instruction available, by appointment, for:
  - Insulin administration
  - Home blood glucose testing
  - Gestational diabetes

- Continuing Your Journey

These classes are offered as part of your plan for ongoing self-management support following your completion of the Diabetes Self-Management Education Program. Work with instructors to develop a follow-up plan for self-management success through opportunities to observe lectures, learn healthy shopping, speak to experts and vendors, and others in the diabetes community. Each class offers a different opportunity to expand your diabetes knowledge and care routine.

For additional details or to make an appointment, call HealthConnection at (716) 447-6205.
Diabetes Education Classes Registration Form

1. Please complete the form below and circle the class offering that you would like to attend.

2. **Send your form by:** Mail: Catholic Health’s HealthConnection • 144 Genesee Street, 5th Floor • Buffalo, NY 14203
   Fax: (716) 706-2545
   Email: HealthConnection@chsbuffalo.org

3. If you need payment assistance, please call (716) 601-3600 for information.

4. Confirmation of class registration will be mailed to you at the address you provide.

---

ALL REGISTRANTS: Please fill out this section.

Name: ___________________________ Date of Birth: __________ Last 4 digits of SS#: ______

First  

Last

Address: __________________________ City: ______ State: ______ Zip: ______ Phone: ______

Email: __________________________ Marital Status: ______ Race: ______

Gender: ☐ Male ☐ Female

Employer: __________________________ Emergency Name and Phone: 

Will someone be accompanying you? ☐ Yes ☐ No

---

PHYSICIAN INFORMATION: All registrants please fill out this section.

Primary Physician: __________________________ Phone: ______

Office Location:

Endocrinologist: __________________________ Phone: ______

Office Location:

---

INSURANCE INFORMATION: All registrants please fill out this section.

☐ No Insurance/Self Pay

Primary Insurance: __________________________ Policy Number: ______

Subscriber: __________________________ Group: ______ Plan: ______ Subscriber’s Employer: ______

Subscriber’s Date of Birth: ______

Secondary Insurance: __________________________ Policy Number: ______

Subscriber’s relationship to patient: __________________________ Medicare Number: ______

Medicaid Number:

---

CHOOSE YOUR CLASSES:

Circle the class offering that you would like to attend.

**2020 Diabetes Education Classes:** Each class is a series and you must attend all dates.

<table>
<thead>
<tr>
<th>Date</th>
<th>Class</th>
<th>Location</th>
<th>Class</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 28, 29, 30</td>
<td>KMH</td>
<td>1:00 pm-4:00 pm</td>
<td>August 18, 19, 20</td>
<td>KMH</td>
</tr>
<tr>
<td>February 17, 18, 19</td>
<td>MSMH</td>
<td>9:00 am-12:00 pm</td>
<td>September 21, 23</td>
<td>SJC</td>
</tr>
<tr>
<td>March 23, 30</td>
<td>SJC</td>
<td>12:30 pm-4:30 pm</td>
<td>October 6, 7, 8</td>
<td>KMH</td>
</tr>
<tr>
<td>March 24, 25, 26</td>
<td>KMH</td>
<td>6:00 pm-9:00 pm</td>
<td>October 19, 21, 22</td>
<td>SJC</td>
</tr>
<tr>
<td>April 27, 29, May 4</td>
<td>SJC</td>
<td>6:00 pm-9:00 pm</td>
<td>November 3, 4, 5</td>
<td>KMH</td>
</tr>
<tr>
<td>May 12, 13, 14</td>
<td>KMH</td>
<td>9:00 am-12:00 pm</td>
<td>November 16, 17, 18</td>
<td>MSMH</td>
</tr>
<tr>
<td>June 22, 23, 24</td>
<td>MSMH</td>
<td>6:00 pm-9:00 pm</td>
<td>November 30, Dec. 2 &amp; 7</td>
<td>SJC</td>
</tr>
<tr>
<td>August 3, 4, 6</td>
<td>SJC</td>
<td>8:30 am-11:30 am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 1 Day Classes (8:00 am - 2:30 pm) Circle 1 class offering |
|-----------------|-----------------|
| January 21 - SOCH | July 16 - KMH |
| January 22 - MSMH | August 17 - MSMH |
| February 26 - SJC | September 16 - SOCH |
| April 27 - MSMH | October 27 - SOCH |
| May 29 - SOCH | December 3 - KMH |
| June 2 - SJC | December 4 - MHB |
| July 15 - MHB | December 14 - MSMH |

KMH: Kenmore Mercy Hospital
MSMH: Mount St. Mary’s Hospital
Sisters of Charity Hospital
SOCH: St. Joseph Campus
SJC: Mercy Hospital of Buffalo
MHB: Mercy Health System

2950 Elmwood Ave 5300 Military Rd
Kenmore, NY 14217 Lewiston, NY 14092

Diabetes Education Classes:

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Class</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>KMH</td>
<td>2157 Main Street</td>
<td>SJC</td>
<td>2605 Harlem Rd</td>
</tr>
<tr>
<td>Kenmore Mercy Hospital</td>
<td>Buffalo, NY 14214</td>
<td>Cheektowaga, NY 14225</td>
<td>Buffalo, NY 14220</td>
</tr>
</tbody>
</table>
Winter Warning:
In cases of severe winter weather and road closures, please listen to local radio stations for announcements of class cancellations.

If You Are Unable to Attend a Class:
Please call Catholic Health’s HealthConnection at (716) 447-6205 to cancel.

Classes Sizes Are Limited. Register Early!
For questions, additional registration forms, or more information on any of our diabetes education classes, visit us online at chsbuffalo.org or call Catholic Health’s HealthConnection at (716) 447-6205.

Our Mission
We are called to reveal the healing love of Jesus to those in need.

Our 2020 Vision
Inspired by faith and committed to excellence, we will lead the transformation of healthcare in our communities.

(716) 447-6205 • chsbuffalo.org

Revised 12/04/19