

# Spring 2016 Diabetes Education Classes

Presented by Diabetes Education Educators at Middle Country Library  
575 Middle Country Road, Selden, NY 11784

All programs run from 1:00pm – 2:30pm. Preregistration is required.

Call Jane Juran at 727-7850 x 340 to register

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

## Medications and Monitoring your blood sugar - April 18

In this class we will talk about the medications that are often recommended for people with diabetes and discuss how they work and when to take them. We will also cover checking your blood sugar levels regularly, which gives you vital information about your diabetes management. In this class you will learn how monitoring is an important way to see if your blood sugars are within your target goals. This helps you make choices in eating and being active, so your body can perform at its best. If you are monitoring your blood sugars, please bring your meter.

## Diabetes Meal Planning for Beginners - April 25

In this class we will provide an introduction to meal planning, portion sizes and heart healthy eating for diabetes.

## Carbohydrate Counting for Beginners - May 2

In this class we will learn all about carbohydrates and how learning to monitor and measure your intake can help you control your blood sugar.

## Preventing Complications, Coping and Problem Solving - May 9

In this class we will talk about the complications of diabetes that one may face, what you can do to help reduce your risks and avoid other health problems, and help you find healthy ways of coping that work with your lifestyle.



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