



Diabetes Refresher Class

For those previously diagnosed with diabetes and already monitoring blood sugar levels



This 2-hour program was created for ***people who have previously been diagnosed with diabetes and are already monitoring their blood sugar levels at home.***

The program provides an overview of the latest meal-planning principles and carbohydrate-counting guidelines using the plate method. Participants will also learn about the importance of healthy eating, how medications affect daily diabetes care, how to avoid and treat hypoglycemia, and what their blood glucose levels should be. In addition, the class includes a goal-setting session that addresses nutrition, activity levels, and diabetes.

This is a fun and interactive program that combines video and discussion. Taught by a certified diabetes educator in a small-group format, the course is held at the UHS Diabetes Center, located at 93 Pennsylvania Avenue, Binghamton.

Registration

For additional information or to register for this course, please call (607) 763-6092. A referral from your provider is necessary to attend.

Appointment

Day/Date:

Time:

UHS Diabetes and Endocrinology Center

93 Pennsylvania Avenue
Binghamton, New York
(607) 763-6092



uhs.net



UHS Wilson Medical Center
UHS Binghamton General Hospital
UHS Physician Practices

UHS Chenango Memorial Hospital
UHS Delaware Valley Hospital
UHS Senior Living at Ideal

UHS Medical Group
UHS Home Care
UHS Foundation

UHS/LS/PS/02/17/1C