



GESTATIONAL DIABETES EDUCATION PROGRAM 2017 Schedule and Registration Form

www.chsbuffalo.org



Education is the key to successfully managing your gestational diabetes; you are the most important member of the diabetes management team. We will provide you with the knowledge and skills to control your blood sugar. Sessions are about one hour in length.

What will I learn?

- ✦ What is Gestational Diabetes
- ✦ Healthy Lifestyle Changes :
- ✦ Exercise and Physical Activity
- ✦ Self Blood Glucose Monitoring
- ✦ Medications that may be used
- ✦ Nutrition and Healthy Meal Planning
- ✦ Resources and Follow Up Care

Who will teach the class?

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

Important points

A family member or friend may attend with you

If you need specific assistance please let us know when you register

Individual instruction is available for:

- Insulin instruction
- Home blood glucose testing
- 1:1 Individualized Nutrition Counseling

A prescription from your doctor is necessary for this service.

Dates (check the circle) Time: All classes will be at 8AM

- Feb 3:** Sisters of Charity Hospital Marillac Room
- Mar 3:** Mercy Hospital of Buffalo Conference Room A
- Apr 7:** Mount Saint Mary's Hospital Community Room 249
- May 4:** Sisters of Charity Hospital Marillac Room
- June 2:** Sisters of Charity Hospital Marillac Room
- July 7:** Mercy Hospital of Buffalo Conference Room A
- Aug 4:** Mount Saint Mary's Hospital Community Room 249
- Sept 1:** Sisters of Charity Hospital Marillac Room
- Oct 6:** Mercy Hospital of Buffalo Conference Room A
- Nov 3:** Mount Saint Mary's Hospital Community Room 249
- Dec 1:** Sisters of Charity Hospital Marillac Room

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.



Registration is required

Sisters of Charity Hospital

2157 Main St
Buffalo, NY 14214
Marillac Room

Mount St. Mary's
5300 Military Rd,
Lewiston, NY 14209
Community Room249

Mercy Hospital of Buffalo

565 Abbott Rd
Buffalo, NY 14220
Conference Room A

Submit the completed portion of the form below to one of the following:

Mail: Catholic Health's Health Connection
Administrative & Regional Training Center
144 Genesee St., 5th floor
Buffalo, NY 14203
Phone: 716 447-6205

Fax: 716 706-2545

Email: HealthConnection@chsbuffalo.org

Please notify us of cancellation

Sites and addresses:

I will register for Gestational Diabetes education at _____ on _____

Check the circle if someone attending with you

Name _____

Phone number () _____

Address _____

Provider name _____ Office Location _____

Emergency contact name _____ Phone Number () _____