

Winter Classes at the Diabetes Education Center at St. Joseph Hospital

Mindful Eating: This fun and enjoyable 60 minute presentation will review tips for mindful eating and ways to handle the temptations that surround all of us!!



Wednesday January 18th: 11am to 12pm

Wednesday January 25th: 6pm to 7pm

Wednesday February 15th: 11am to 12pm

Sit Down & Get Moving!! That's right, come and exercise without ever getting out of your chair. This 60 minute fun and interactive program will teach you how to get physically fit right in the comfort of your chair. Bring a water bottle to keep yourself hydrated.



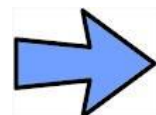
Free exercise bands for all who attend!!

Wednesday January 11th: 1pm to 2pm

Wednesday February 1st 6pm to 7pm

Wednesday March 7th: 11am to 12pm

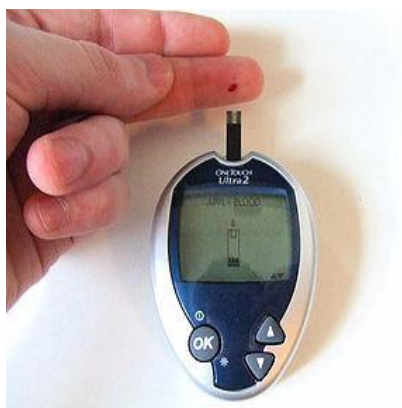
Turn over for more classes



Get the Scoop on Desserts and Snacks: This tasty 60 minute presentation will provide you the opportunity to learn how to select appropriate and delicious snacks for people with diabetes



Wednesday February 29th: 11am to 12pm
Wednesday March 14th: 1pm to 2pm
Wednesday March 21st: 6pm to 7pm



Monitoring Skills: Did you know that fingerstick blood glucose monitoring is the key to your diabetes self-management? This 60 minute presentation will provide you with the latest and greatest in monitoring skills and tips. Don't miss out on this exciting and informative program!!

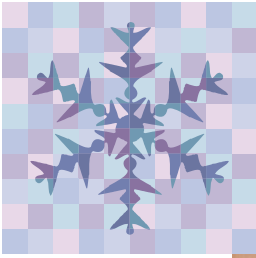
Wednesday February 8th: 1pm to 2pm
Wednesday February 22nd: 11am to 12pm
Tuesday March 28th: 6pm to 7pm

Better health is just a phone call away....

If you are interested in one or more of these programs
call the Diabetes Education Center to register
Most insurance accepted
Limited space available

****Don't delay, call (516) 520-2214 & register today****

****Preregistration is required****



ST. JOSEPH
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