

Diabetes Self-Management Education

“Taking Charge of Your Diabetes” is a 3-session class offered in the evening. We also offer an all-day class. Please consult schedule below for dates and times. The classes will help you to better manage your diabetes. A support person may attend at no additional charge.

Mount St. Mary's Hospital 2012 Diabetes Class Schedule

Evening Classes (three-day series)

February 7, 8, 9

April 17, 18, 19

June 5, 6, 7

September 11, 12, 13

November 13, 14, 15

6:00 PM – 9:00 PM

Education Classroom (2nd Floor, Room 249)

All Day Classes

January 19

July 18

March 14

October 10

May 10

December 6

9:00 AM – 5:00 PM

Education Classroom (2nd Floor, Room 249)

*Insurance coverage varies by Plan/HMO
Please contact your company for coverage.*

**Please call 298-2297 for more
information or to register.**

Individual Instruction

Instruction covers:

- ♦ Insulin treatment
- ♦ Self-testing with glucose monitor
- ♦ Individual medical nutrition therapy
- ♦ Gestational diabetes

*Insurance coverage varies by Plan/HMO
Please contact your company for coverage.*

**Please call 298-2297 for more
information or to register.
Appointments are required.**

Health and Wellness

Pre-Diabetes Class

This series of classes will focus on nutrition, exercise and healthy lifestyle behaviors. Classes are held for 3 consecutive weeks.

March 6, 13, 20

October 9, 16, 23

6:00 PM – 7:30 PM

Education Classroom

2nd Floor – Room 249

*Insurance coverage varies by Plan/HMO
Please contact your company for coverage.*

**Please call 298-2297 for more
information or to register.**

Kidney Health Class

May 17

October 18

6:00 PM – 7:30 PM

Education Classroom

2nd Floor – Room 249

*Insurance coverage varies by Plan/HMO
Please contact your company for coverage.*

**Please call 298-2297 for more
information or to register.**

Community Health Programs

Counting Carbs Class

May 8

November 6

6:00 PM – 7:30 PM

Education Classroom

2nd Floor – Room 249

**Please call 298-2297 for more
information or to register.**

Diabetes Support Group

These free meetings are held on the
third Tuesday of the month at

Mount St. Mary's

Hospital at 6:30 PM – Room 723A

(Please enter through the
South Hospital Entrance)

January 17

July 17

February 21

August 21

March 20

September 18

April 17

October 16

May 15

November 20

June 19

December 11

For information call 745-7149.



*The American Diabetes Association
Recognizes this education service as
meeting the National Standards for
Diabetes Self-Management Education.

THE CHEERS PROGRAM

The **CHEERS** Program (**C**hoosing **H**ealthy **E**ating and **E**xercise **R**outine**S** for a Healthier Life) teaches children and their families simple eating and exercise plans which they can internalize and use throughout life. The program is comprised of six sessions focusing on important aspects of healthy physical and emotional behaviors to encourage better nutrition and exercise for the child participant and his/her family.



Please call 298-2299 for more information.

Insurance coverage varies by Plan/HMO. Please contact your company for coverage.



Maximum Fee - \$35/per child which covers all materials.

HERO

(Health Education Raises Opportunities)

The **HERO** Program (**H**ealth **E**ducation **R**aises **O**pportunities) was initiated by Mount St. Mary's Hospital and Health Center in February, 2009. The Program focuses on improving health literacy for local school children. It is currently offered in different menu formats for students in Grades 3 thru 8 in seven Niagara County schools. The Program brings experts in the health field into classrooms to teach children on important, current health issues with the ultimate goal to help students and their families to become better consumers of health care.

For more information please call 298-2299.



5300 Military Road
Lewiston, New York 14092-1997
(716) 297-4800
www.msmh.org

Directions

Just off the New York State Thruway, exit 25A, at the intersection of Military and Upper Mountain Roads, Mount St. Mary's Hospital and Health Center is easily accessible from many directions. We have plenty of safe and free parking. Also, bus routes stop at our front door.

Patients who have no transportation can make arrangements for "Van Go" transport by calling 298-2370 between the hours of 8:00 AM and 4:00 PM. Reservations must be made 24 hours in advance of the class. Cost for this service is \$1.00 each way.

Community Health Education classes are available upon request for church, school or social groups. To schedule a class for your group, please call 298-2299.



Department of Education Community Health Education Programs

Department of Education Mission Statement

We are committed to promote excellence in life-long learning for the Hospital community in response to unique regional education needs and diverse populations.



2012 Schedule