

## Fall 2020 Schedule

**Tuesdays 7 - 8 p.m.**

September 22

September 29

October 6

October 13

October 20

October 27

November 3

November 10

To register, call  
Tracy or Carrie at  
**Gowanda Medical Center**  
**(716) 532-8100**  
**Extension 7 or 8**

American Diabetes Association (ADA)  
curriculum

Certified Diabetes Care and Education  
Specialist (CDCES) / RN instructors

Physician referral required

Class size is limited

Safe, sanitized and social distancing  
facility



## Gowanda Medical Center

34 Commercial Street  
Gowanda, NY 14070  
716-532-8100, ext. 7 or 8

# Diabetes Self-Management Education



## Gowanda Medical Center

BROOKS-TLC HOSPITAL SYSTEM, INC.





## Helping you manage

Whether you are newly diagnosed, or have been living with diabetes as a chronic disease for years, the Diabetes Education Self-Management program at Gowanda Medical Center is designed to provide you with skills to manage your diabetes more effectively.

Learn how to take control of diabetes with lifestyle changes

**to improve your  
quality of life.**

## Preventing complications

A healthy lifestyle is the best way to manage your diabetes, which is key to preventing or delaying complications. Left untreated, individuals with diabetes are at higher risk of:

- **Heart disease and stroke**
- **Blindness or other eye problems**
- **Kidney disease**
- **Nerve damage**
- **Amputations**
- **Gum disease**
- **Depression**

The good news is that when you take care of your diabetes, you can significantly reduce your risk of complications.



## Taking control

Experienced, certified, RN instructors are available to help you take—and maintain—control of your A1C levels and ultimately, your quality of life.



Program highlights include:

- **Understanding diabetes and diabetes treatment**
- **Healthy eating**
- **Being physically active**
- **Taking medicine**
- **Checking your blood sugar**
- **Learning to cope with stress**