

Take control!

Whether you are newly diagnosed or have been coping with diabetes for years, the Catholic Health Services Diabetes Education Program is here to equip you with the tools and information that will enable you to achieve blood sugar control, help prevent complications associated with this disease and promote optimal health.

We know how tough dealing with diabetes can be. Each day brings a new challenge to be met. Meet that challenge with this knowledge! Learn how to manage diabetes, instead of being managed by it.

Enroll today and learn how to take control of diabetes! Call **1 (855) CHS-4500**.



Diabetes Education Centers

St. Joseph Hospital

4295 Hempstead Turnpike
Bethpage, NY 11714
(516) 520-2214

Mercy Medical Center

1000 N. Village Ave.
Rockville Centre, NY 11571
(516) 705-1613

St. Francis Hospital's DeMatteis Center

101 Northern Blvd.
Greenvale, NY 11548
(516) 629-2070

St. Charles Hospital

200 Belle Terre Road
Port Jefferson, NY 11777
(631) 474-6449

Toll Free: 1 (855) CHS-4500



www.chsli.org



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Diabetes Education



What is diabetes education?

Individuals with diabetes require certain knowledge and skills to reduce their risk of complications. We teach topics such as healthy eating, physical activity, reducing risks, monitoring, problem solving and healthy coping.

Who we are

We are primarily registered dietitians and certified diabetes educators with special knowledge and experience working with adults with diabetes.

Types of education

We offer individual appointments and group classes throughout the year. We also have free monthly support groups. Sessions offered include:

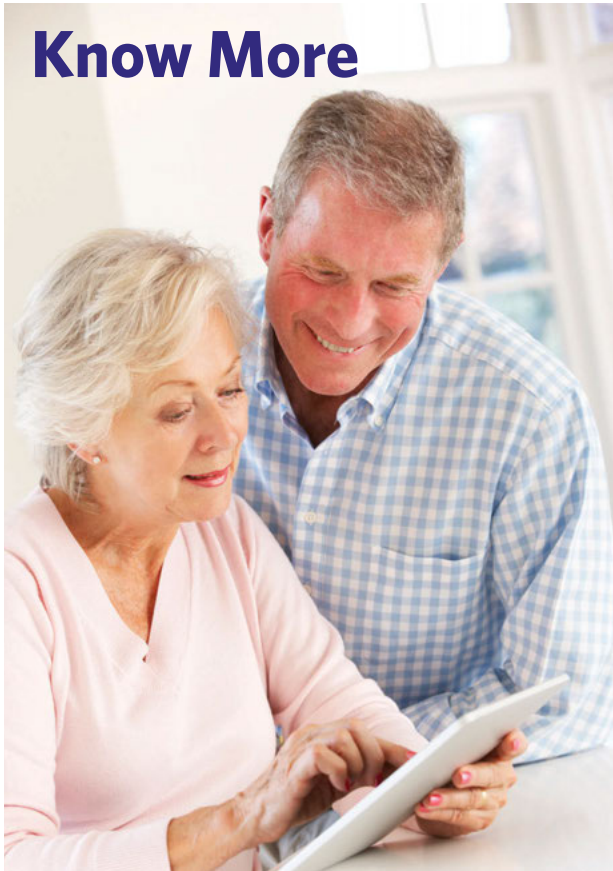
- Diabetes overview
- Nutrition basics
- Insulin pump education
- Individualized meal planning
- Preventing complications
- And more!

Insurance

Diabetes education is a covered service for those with Medicare, Medicaid and most private insurance plans. Call your nearest CHS Diabetes Education Center for details and information.

For additional information on available diabetes and prevention programs, please call us at **1 (855) CHS-4500**.

Know More



Do More



Live More

