



Now Offering Monthly Online Diabetes Education Classes

Our diabetes educator, Lillian Vozzolo, now offers informative online classes for diabetic patients and family members. These classes are free and can be done in the comfort of your home.

Classes Offered

Basic Diabetes Care & Management

What is diabetes, medication instruction, balancing food, medication, nutrition and exercise, blood glucose goals, tools to help successfully manage diabetes

Carb Counting & Meal Planning

What are the macronutrients, how do carbohydrates affect your blood sugar, healthy meal planning

Sensor Therapy

Introduction to continuous glucose monitoring, interpretation of glucose monitoring, professional CGM trials, individual and group training on personal devices

Pump Therapy & Smart Insulin Pens

Benefits of pump therapy, instruction on pump basal and bolus theory, individual training classes on personal pumps

Upcoming Dates

October

Classes are held from 9am - 10am

Oct. 8 Basics Diabetes Care & Management

Oct. 15 Carb Counting & Meal Planning

Oct. 22 Sensor Therapy

Oct. 29 Pump Therapy & Smart Insulin Pens

November

Classes are held from 9am - 10am

Nov. 4 Basics Diabetes Care & Management

Nov. 11 Carb Counting & Meal Planning

Nov. 18 Sensor Therapy

Nov. 25 Pump Therapy & Smart Insulin Pens

December

Classes are held from 9am - 10am

Dec. 2 Basics Diabetes Care & Management

Dec. 9 Carb Counting & Meal Planning

Dec. 16 Sensor Therapy

Dec. 23 Pump Therapy & Smart Insulin Pens