



## Rochester Clinical Research, Inc

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# Diabetes Self Management Group Spring 2010

This program is free and participation will give you the confidence to face the challenges of diabetes.

- Learning as much as you can about diabetes.
- Improving control of your diabetes to help delay or prevent complications.
- Developing positive life-long health habits.
- Working collaboratively with your physician and diabetes educators.

**Location:** Rochester Clinical Research

**500 Helendale Road, Suite L20**

**Rochester, NY 14609**

**Date:** **Wednesday, March 31**      **Time:** **5:30pm - 7:00pm**      **Presenter:** **Mervyn Weerasinghe, MD**

**Topic:** *What is Diabetes? Prevent it! Control it! You can do it!*

**Wednesday, April 7**      **5:30pm - 7:00pm**      **Michael Brennan, FNP**

**Topic:** *The importance of controlling cardiovascular risk factors, such as diabetes, blood pressure, and cholesterol, and how they contribute to complications.*

**Wednesday, April 14**      **5:30pm - 7:00pm**      **Vicky Fink, RD CDE**

**Topic:** *Diet and diabetes-New information- Discussion of carbohydrate counting, healthy fats and the role of fiber.*

**Wednesday, April 21**      **5:30pm - 6:30pm**      **Ronald M. Freeling, DPM**

**Topic:** *Foot and skin care. Why learning these techniques is important*

**Wednesday, April 28**      **5:30pm - 6:30pm**      **Kristen Rusho, MS**

**Topic:** *Physical activity and exercise. What exercise is best for you? Special considerations.*

**Wednesday, May 5**      **5:30pm - 7:00pm**      **Mervyn Weerasinghe, MD**

**Topic:** *Medications, meters, medical care & the latest research*

**Space is limited.**

**Please call to reserve a seat unless you are already registered**

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***Advancing medicine. Changing lives.***