



# LAKESHORE PRIMARY CARE'S DIABETES COURSE

When: OFFERED TWICE A YEAR, IN SPRING AND FALL



**NEXT COURSE DATES:**  
Thursday, September 14, 6-8pm  
Thursday, September 21, 6-8pm  
Thursday, September 28, 5:30-8pm



## The course is a SERIES OF 3 CLASSES

WEEK 1: Diabetes: What is it and how is it affecting my body?

Hypo/Hyperglycemia, Long term complications

WEEK 2: Physical Activity and Nutrition effects on blood sugars

WEEK 3: Medications and Diabetes Care Plan, MD Visit

## SPEAKERS:

Melissa Verdi, RD CDE – Dietitian and Certified Diabetes Educator

Mark Lenard, RPh – Pharmacist, Southtowns Medical Pharmacy

Dr. Kristen Robillard – Medical Doctor

COST: an office visit co-pay will be due at the last class only

**SPACE IS LIMITED SO SIGN UP TODAY!!**

For more information or to register: talk to your provider, or ask to speak with a Care Coordinator

