

# Living Well With Diabetes

Free programs with speakers and exhibits presented by the  
Cooley Dickinson Hospital Center for Excellence in Diabetes Education

## MOVING TOWARD BETTER GLUCOSE CONTROL

Monday, March 22 ♦ 6-8 p.m. ♦ Dakin 1 and 2

### *Team Type 1: Following the Dream:*

Exercising with diabetes can be challenging, but the rewards can be even greater. Join us for an inspirational presentation by one of the members of **Team Type 1**, the only professional cycling team which has athletes with type 1 diabetes.

### *Basic Strength Training:*

Patrick Schilling, ACSM, exercise physiologist, will show you how to incorporate basic strength training into your everyday routine.

## HEALTHY ARTERIES

Monday, May 17 ♦ 6-8 p.m. ♦ Dakin 1 and 2

### *Peripheral Artery Disease (PAD):*

Although people with diabetes are at risk for PAD, many don't know what it is. What's worse, it often goes undiagnosed. Dr. George G. Hartnell, FRCP, FRCR, of Vascular and Special Interventions at Cooley Dickinson Hospital will explain peripheral artery disease and give guidelines for prevention and treatment.

### *Taste Of the Mediterranean:*

Back by popular demand, Joan Eckert from Whole Foods Market will demonstrate delicious, heart healthy meal ideas from the Mediterranean region. Bring your appetite!



## FIBER: HEALTH OR HYPE?

Monday, September 27 ♦ 6-8 p.m. ♦ Dakin 1 and 2

### *Lower your cholesterol? Control your blood sugar? Lose Weight? Does fiber really make a difference?*

Fiber is finding its way into everything these days, from extra fiber bread to yogurt to soft drinks. Cathy Bertinuson, MS, RD, LDN, CDE, from the Center for Excellence in Diabetes Education will talk about the health benefits of eating the high fiber, low glycemic index way. She will be also demonstrate how to prepare more of these foods, and provide samples.

## COPING WITH HOLIDAY STRESS:

Monday, November 8 ♦ 6-8 p.m. ♦ Dakin 1 and 2

*Kelly Henry, RN, CDE, CPT*, from the Center for Excellence in Diabetes Education will share ideas for sticking to your health and fitness goals through the winter holiday season.

*David Spound, M.Ed.*, Mindfulness Based Stress Reduction Instructor, will present an introduction to mindfulness meditation

Healthy and affordable gift ideas will be available

**Pre-registration for these programs is not required.**

**For more information, call  
Cathy Bertinuson, (413) 585-0039.**

**Cooley Dickinson Hospital**