

Diabetes: On the Road to Better Management

Manhattan's Physician Group's Registered Dietitian and Certified Diabetes Educator, Katherine Farrell, is now offering group patient appointments for diabetes self-management education and training. Schedule an appointment today and get on the road to better management.

Group patient appointments are taught using Healthy Interactions - Journey for Control Program (created in collaboration with the American Diabetes Association and Merck). Over the course of four separate sessions, participants will actively engage with the certified diabetes educator in identifying and determining ways to achieve their short-term and long-term self-management goals. The sessions covered include:

- ◆ On the Road to Better Managing Your Diabetes
- ◆ Diabetes & Healthy Eating
- ◆ Monitoring Your Blood Glucose
- ◆ Continuing Your Journey with Diabetes

Patients referred to diabetes self management education and training will be required to schedule an individual appointment with the diabetes educator, as well as schedule four classes (offered once per month).

*Note - Please remember to bring a snack, your glucometer and your medication if the class occurs during your typical eating and medication time.

Weekday evening classes available 4:30-7pm by appointment only

Co-pay may apply (check with your insurance plan)

Please call one of Manhattan's Physician Group's offices to register for this program. Referral by PCP is required.

Now available at the following MPG locations:

Washington Heights

4337 Broadway (@ 185th St)
212-568-6300

Upper Manhattan Office

1865 Amsterdam Ave (@ 152nd St)
212-491-2400

Upper East Side Office

215 E. 95th Street (btw 2nd & 3rd)
212-996-8000

Lincoln Square Office

154 W. 71st Street (@ Broadway)
212-496-4600

Midtown Office

590 5th Avenue (btw 47th & 48th)
212-582-7117

Flatiron District Office

21 E. 22nd Street (btw Broadway & Park)
212-460-7800



Neighborhood Doctors Who Care

