



**New England Sinai Hospital
150 York Street, Stoughton, MA 02072**

**PRESS RELEASE
For Immediate Release**

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LIVING WELL WITH DIABETES – Education is Key

STOUGHTON - It's certainly true that with diabetes one is at risk for a variety of complications. And it is also true that this disease can successfully managed and people who have diabetes can lead an active, fulfilling lifestyle. Proper management is the key.

To help people learn to manage their diabetes, New England Sinai's Diabetes Center offers a four session small group class, "Your Key to Diabetes Management." Classes taught by certified diabetes educators and registered dietitians, are two hours in length and meet twice during the week. The next class series is November 10, 12, 17, and 19th from 1-3 pm at New England Sinai Hospital, 150 York Street, Stoughton, MA. Please call 781-297-1385 to register or for more information.

Your Key To Diabetes Management provides a comprehensive overview of diabetes, how it affects your body and recommendations for exercise and other activities. Instructors explain how to control blood glucose levels with meal and exercise plans and make healthy choices whether eating at home or out with friends. This program offers a supportive group environment that provides attendees the motivation and inspiration to learn how to live well with diabetes.

The Diabetes Center at New England Sinai Hospital is designed to promote the health and well-being of patients with diabetes. Through a team approach, the Center serves as a resource to the patient, the patient's family and the primary care physician. The Diabetes Center of New England Sinai Hospital has been recognized by the American Diabetes Association for Quality Patient Education since 1993.

Class dates December:
December 8, 11, 15, 18 from 6 - 8 pm

New England Sinai Hospital is a 212-bed, non-sectarian, not-for-profit, long-term acute-care hospital with its main campus in Stoughton, MA and inpatient satellite units at Tufts-New England Medical Center in Boston and Caritas Carney Hospital in Dorchester. Recognized as a regional leader in pulmonary, medically complex and acute rehabilitation care, Sinai also offers a wide range of outpatient programs and services. Sinai is a teaching affiliate of Tufts University School of Medicine.