

# Take control of your DIABETES OR PREDIABETES

with the help of these programs on Staten Island.



## Learn to manage your diabetes

Be confident in your ability to control diabetes. This Diabetes Self-Management Program is offered by **CHASI**. Join this 6 week, peer-led workshop. Learn how to live an active lifestyle with diabetes.



**Where:** Multiple Locations

**For more information, contact Dianna Diaz  
at (929) 353-1947 or [dianna.diaz@chasiny.org](mailto:dianna.diaz@chasiny.org).**

The **Staten Island University Hospital (SIUH)** Diabetes Self-Management Program is run by a team of certified diabetes educators.



SIUH can help with the challenges of living with diabetes by offering:

- counseling sessions
- group classes
- support groups

**To sign up, or for more information, contact  
Debra Marotta at (718) 226-1547 or  
[DMarotta@northwell.edu](mailto:DMarotta@northwell.edu).**

## Learn to prevent diabetes

Talk with a trained lifestyle coach from **RUMC** or the **YMCA** about diabetes prevention. Topics include healthy eating, physical activity, overcoming stress, and staying motivated with prediabetes. This is a one-year program with 16 weekly sessions and monthly meetings.



**Where:** Richmond University Medical Center

**For more information, contact Gail DeGannes-Hoyte  
at (718) 818-7117 or [GDeGannes-Hoyte@RUMCSI.org](mailto:GDeGannes-Hoyte@RUMCSI.org).**



**Where:** Multiple locations

**To sign up, or more information, contact Jordan Correa  
at (212) 630-9619 or [jcorrea@ymcanyc.org](mailto:jcorrea@ymcanyc.org).**

\*For a referral form or more information, go to  
[nyc.ydiabetes.com](http://nyc.ydiabetes.com).

For more information about diabetes on Staten Island, visit [www.statenislandpps.org](http://www.statenislandpps.org).