

OLEAN GENERAL HOSPITAL

Diabetes Self-Management Education*

Support Services Workshops



Olean General Hospital
A Kaleida Health Facility

Olean General Hospital's Diabetes Self-Management Education* and Support Services are designed as a comprehensive program, addressing aspects of diabetes self-management.

Olean General Hospital was the **first** diabetes education program in Western New York to be recognized by the American Diabetes Association. Our program has been continuously "recognized" for meeting the ADA's stringent quality criteria since March of 1993.

FOR: People with diabetes who have been recently diagnosed or have difficulty managing their blood glucose, their weight and/or are experiencing complications.

FEE: Many insurances pay all or part of the cost.

***NOTE:** Must be registered to attend. Your physician will be contacted to complete the required referral form.

STAFF: Erika Zerkowski RDN, CDCES
Diabetes Quality Coordinator
Certified Diabetes Educator
(716) 375-6271

Tabitha Fisher, RN
Diabetes Educator
(716) 375-4127



The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

2025 Workshop Schedule

Jan. 11 Sat 10:00 a.m. to 12:00 p.m.
Jan. 18 Sat 10:00 a.m. to 12:00 p.m. - Diet
Jan. 25 Sat 10:00 a.m. to 12:00 p.m.

February No Workshop

March 12 Wed 10:00 a.m. to 12:00 p.m.
March 19 Wed 10:00 a.m. to 12:00 p.m. - Diet
March 26 Wed 10:00 a.m. to 12:00 p.m.

April No Workshop

May 7 Wed 6:00 p.m. to 8:00 p.m.
May 14 Wed 6:00 p.m. to 8:00 p.m. - Diet
May 21 Wed 6:00 p.m. to 8:00 p.m.

June No Workshop

July 9 Wed 10:00 a.m. to 12:00 p.m.
July 16 Wed 10:00 a.m. to 12:00 p.m. - Diet
July 23 Wed 10:00 a.m. to 12:00 p.m.

August No Workshop

Sept. 10 Wed 6:00 p.m. to 8:00 p.m.
Sept. 17 Wed 6:00 p.m. to 8:00 p.m. - Diet
Sept. 24 Wed 6:00 p.m. to 8:00 p.m.

October No Workshop

Nov. 8 Sat 10 a.m. to 12:00 p.m.
Nov. 15 Sat 10 a.m. to 12:00 p.m. - Diet
Nov. 22 Sat 10 a.m. to 12:00 p.m.

December No Workshop

Please call any of the staff listed if you have questions regarding the classes or need individual counseling.