



Olean General Hospital Laboratory

Sharps Collection Location

(716) 375-6064

Monday - Friday: 7 a.m. - 6 p.m.

Saturday: 7 a.m. - 1 p.m.

Bradford Regional Medical Center Laboratory

Sharps Collection Location

(814) 362-8252

Monday - Friday: 5:30 a.m. - 6 p.m.*

Saturday: 7 a.m. - 11 a.m.

*4 p.m. - 6 p.m. patients must
register in the emergency department

Cuba Memorial Hospital Laboratory

Sharps Collection Location

(585) 968-6693

Monday - Friday: 6:30 a.m. - 11:45 a.m.

& 1 p.m. - 3:15 p.m.

Saturday: 8 a.m. - 12 p.m.

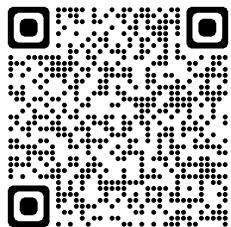
Salamanca Health Center Laboratory

Sharps Collection Location

(716) 945-0989

Monday - Friday : 6:30 a.m. - 11:45 a.m.

& 12:30 p.m. - 3 p.m.



Scan for a complete
listing of
Laboratory Service
Centers

Diabetes Diet Hotline

Monday - Friday, 10 a.m. - 3 p.m.

(716) 375-6270

Please leave a message



Olean General Hospital

A Kaleida Health Facility

If you are interested in having
a group presentation about
diabetes or nutrition, please call
(716) 375-4127.



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

Diabetes Self-Management Education* Support Services



Olean General Hospital

A Kaleida Health Facility

**515 Main Street
Olean, NY 14760
(716) 375-4127**



Helping You Take Control

Whether you are newly diagnosed or have had diabetes, there are new ways to help you take charge and live a happy and healthy life with diabetes.

Your diabetes education begins with a personal consultation with a registered nurse or dietitian. The education can be provided in a group or individualized setting, depending on your specific needs. We also provide individualized counseling for gestational or pediatric diabetes. Some insurances pay all or part of the fee.

Program Features

- Learning more about diabetes management through eating healthy, exercising, testing your blood glucose and taking medications as needed.
- Motivating you to make healthy and lasting lifestyle changes.
- Coping with the daily challenges of diabetes.
- Managing short term and long term complications.

You can find more information about our schedule and program at www.brmc-ogh.org and also find us on Facebook.

2025 Workshop Schedule

OGH Education Center, First Floor

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

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

December No Workshop

Our Staff

The self-management support services at Olean General Hospital is taught by experienced and qualified registered nurses, registered dietitians, and nutritionists. The program is under the direction of a medical advisor.

Erika Zerkowski, RDN, CDCES
Diabetes Quality Coordinator
Certified Diabetes Care & Education Specialist
Registered Dietitian Nutritionist
(716) 375-6271

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

Workshops

For people with diabetes who have recently been diagnosed or have difficulty managing their blood sugar, their weight and/or are experiencing complications.

Many insurances pay all or part of the fee. Coverage will be verified prior to scheduling the appointments.

Referrals to the program can be made by your medical provider, yourself or another healthcare professional. You will be contacted by our staff to make an appointment.