



# Diabetes Today: New Facts, New Treatments, New Hope

## GUEST SPEAKER:

On June 4th, join Guardian Nurses Diabetic Educator, Jeneane Fitzmaurice, BSN, RN, CDCES as she shares tips on:

- **Healthy Eating** – Learn realistic nutrition strategies, and how food impacts blood sugar and overall health.
- **Being Active** – Movement to improve blood sugar control and energy.
- **Monitoring** – Tracking blood sugar to help prevent complications and supports better daily management.
- **Medication Management** – Review common diabetes medications, proper use, and importance of adherence and communication with providers.
- **Problem Solving** – Gain tools to manage high and low blood sugar, illness, travel, schedule changes, and unexpected challenges with confidence.
- **Reducing Risk** – Learn ways to lower the risk of complications.
- **Healthy Coping** – Explore strategies to reduce stress, avoid burnout, build support systems, and maintain emotional well-being while living with diabetes.

## Who is eligible?

The services of our Mobile Care Coordinator Nurses are available to the members of the CEWW Health Insurance Consortium and their covered dependents. **All services are offered at no charge to you and are confidential.**



**CEWW  
Mobile Care  
Coordinator**<sup>®</sup>

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To request help from our Mobile Care Coordinator Nurses or the team at Guardian Nurses, call or text 518-578-4435 or 518-948-7309.