



Diabetes Prevention and Management Workshop

Saturday, December 1, 2018
10am-12pm

Co-sponsored and held at:



Gaylord Physical Therapy

Orthopedics and Sports Medicine

1154 Highland Avenue 2nd floor
Cheshire, CT 06410

RSVP by November 26th to Kate Glendon
(203) 272-2761

FREE PROGRAM

Bring a canned item for a community food pantry donation and be entered into a raffle

▶ **Two FREE 15 minute sessions on AlterG Anti-Gravity Treadmill**

60 minute workshop is open to the community and will include:

Medical Management:

- Pathology
- Signs and symptoms
- Monitoring
- Management
- Treatment
- Complications

Exercise: Effects of exercise on diabetes and how to manage diabetes with exercise

Nutrition: Carbohydrate counting

Philip Silverio PT, DPT, OCS | Clinical Supervisor

Phil earned his Doctorate of Physical Therapy from Sacred Heart University and is a Board Certified Orthopedic Specialist. He began with Gaylord in 2015 as a staff physical therapist and is now the supervisor for the Cheshire site.

Corinne Larson, RD-N | Registered Dietitian-Nutritionist

Corinne earned her bachelor's degree from Keene State College, and is currently completing her Master's degree. She has been a Clinical Inpatient and Outpatient Dietitian at Gaylord Hospital since 2015.

FEATURED SPEAKERS:

