

# Ellis Medicine Center for Diabetes

## 2012 Sugar Free Gang Support Group



Sugar Free Gang (SFG) is a diabetes learning and support group for children with Type 1 diabetes and their families. SFG is designed to help participants cope with the daily challenges of living with diabetes and to learn they are not alone as they gather in support of one another. Programs are conducted for parents as well as children and are facilitated by Certified Diabetes Educators. This unique program was established in 1989 and has served hundreds of families.

**ALL MEETINGS** are held monthly at 6:30 pm at the Ellis School of Nursing. (*Directions on back*)

Date	Program for Parent	For Children
Feb 1	JDRF Community Outreach Program & Pearls of Wisdom Roundtable Discussion Groups	Annual B and D day celebration
Mar 7	Danger Zone: High/Low	High/Low: Which Way to Go
April 4	Technology Update: Pumps, Sensors, Meters etc.	Do you know more than a kid with Diabetes? Bring your sibling or friend
May 2	Healthy Eating Family Style	It's Not Only the carbohydrates!

### Save the dates – more to follow

June 27, 28, 29 (*tentative dates*): Sugar Free Gang Kids Kamp  
 June 25, 26 (*tentative dates*): Sugar Free Gang Teen Kamp  
 August 29: Summer Picnic  
 September 12: SFG Meeting  
 October 3: SFG Meeting  
 November 7: SFG Meeting  
 December 5: Holiday Party

Call Ellis Center for Diabetes for more information or to be added to our mailing list.

The SFG meetings will be cancelled in the event of inclement weather. An email will be sent out OR check the voice mail message at 347-5422 after 4:30 pm on the day of the meeting.

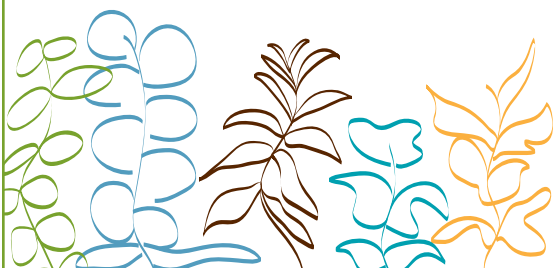


*Programs are underwritten by MVP Health Care.*



**REINVENTING HEALTHCARE  
ONE PATIENT AT A TIME**

[www.ellismedicine.org](http://www.ellismedicine.org)



# Directions to the Ellis Hospital School of Nursing

The school is located at 1482 Erie Blvd. in the Ellis Belanger Campus. The School of Nursing is in one of the PTI buildings which are connected by a pedestrian walkway which crosses over Erie Blvd.

## IMPORTANT NOTE

You must enter building at 1473 Erie Blvd. Park in the parking lot adjacent to this building.

TO UNLOCK THE DOOR, ENTER THE PASS CODE 2009#. THE CODE IS ACTIVATED AFTER 6 PM.

Take the elevator to the 3rd floor and follow the signs for the Belanger Campus. You will need to walk through the walkway to the building on the other side of the street.

## FROM THE NORTHWAY (Southbound)

Take Interstate 87 (Northway) to Exit 9, Clifton Park. Travel west on Route 146 for 6 miles. At the light, turn left and continue on 146 for approximately 2 ½ miles. Turn right onto Providence Ave, which will become Rosa Rd. Follow to the end (the hospital will be on your left). At the traffic light, bear right onto Nott Street and follow 1 mile to Erie Blvd. At the traffic light, turn left and takes a right into the parking lot just before the pedestrian crosswalk overhead.

## FROM THE THRUWAY SOUTH

I-88 to the NYS Thruway to Exit 25A. Travel west to NYS Thruway Exit 26. Travel east on Interstate 890 to Exit 4-B, Erie Blvd. Continue on Erie Blvd. past State Street intersection, train station etc. to the PTI building/Ellis School of Nursing Belanger Campus at # 1482. A pedestrian walkway joins the buildings on either side of the street. Turn left into the parking lot just past the pedestrian cross walk overhead.

## FROM THE THRUWAY EAST

Take the NYS Thruway to Exit 25. Travel west on Interstate 890 to the Erie Blvd exit. Continue on Erie Blvd. past State Street intersection, train station etc. to the PTI building/Ellis School of Nursing Belanger Campus at # 1482. A pedestrian walkway joins the buildings on either side of the street. Turn left into the parking lot just past the pedestrian cross walk overhead.

## FROM THE THRUWAY WEST

Take the NYS Thruway to Exit 26. Take Interstate 890 to Exit 4-B, Erie Blvd. Continue on Erie Blvd. past State Street intersection, train station etc. to the PTI building/Ellis School of Nursing Belanger Campus at # 1482. A pedestrian walkway joins the buildings on either side of the street. Turn left into the parking lot just past the pedestrian cross walk overhead.

Ellis Health Center  
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Schenectady, NY 12304

**Ellis**  
MEDICINE

518.347.5421 | [ellismedicine.org](http://ellismedicine.org)

