

# IX VIRTUAL DIABETES SYMPOSIUM



## Framework for Self-Management: Connecting The Dots

Thursday, November 14<sup>th</sup>, 2024

### Agenda

- 8:55 – 9:00     **Introductions**
- 9:00 – 9:30     **ADCES7: Framework for self-management**  
Amy Kimberlain, RDN, CDCES, IQVIA.
- 9:30 – 11:00   **Diabetes Treatment: Integrating Latest Pharma & Technology Into Practice**  
Michael Greenberg, NP, CDCES, Fleischer Institute for Diabetes and Metabolism. Montefiore Einstein.
- 11:00 – 12:00   **Importance of Individualized Meal Plans for Optimal Diabetes Control**  
Elizabeth Staum, MS, RDN, CDN, CDCES; Melissa Keeney, MS, RDN, CDN, CDCES; Erika Avalos, MS, RDN, CDN; Montefiore Nyack Hospital.
- 12:00 – 12:30   *Lunch Break*
- 12:30 – 1:15    **Cooking Demonstration: Diabetes Meals Made Healthy and Flavorful**  
Lori-Ann Williams, Montefiore Nyack Hospital
- 1:15 – 2:00     **Find Help: Addressing Social Determinants of Health**  
Elizabeth Spurrell-Huss, MSW, MPH. Community & Population Health, Montefiore Medical Center.
- 2:00 – 4:00     **Motivational Interviewing Training To Support Diabetes Self-Management**  
Damara Gutnick, MD, Community & Population Health, Montefiore Medical Center.
- 4:00             **Adjourn**

For more information contact Sandra Arevalo at [sarevalo@montefiorenyack.org](mailto:sarevalo@montefiorenyack.org). Montefiore Nyack Hospital is accredited by the Medical Society of the State of NY (MSSNY) to provide continuing medical education for physicians. Montefiore Nyack Hospital designates this live activity for a maximum of 6.5 *AMA PRA Category 1 credit(s)*<sup>TM</sup> Physicians should claim only the credit commensurate with the extent of their participation in the activity. Montefiore Nyack Hospital relies upon participants/planners in its CME programs to provide educational information that is objective and as free from bias as possible. In this spirit, and in accordance with the guidelines of the Medical Society of the State of New York and the ACCME Standards for Commercial Support<sup>TM</sup>, participants/planners are expected to indicate any commercial relationship that might be perceived as a real or apparent conflict of interest. Participants/planners are also required to indicate any discussion on products that are unlabeled or for investigational use. All participants/planners have signed a disclosure statement indicating that they do not have any financial arrangements or affiliations with any commercial entities whose products, research or services may be discussed/distributed at this CME Program.

