

Diabetes and Nutrition July 2024

Who We Are

We are committed to helping patients live well as they manage their diabetes and nutrition:

Linda Peters, Administrative Assistant

Beth Coogan-Golden, Administrative Assistant

Caroline Hackley, M.Ed., RDN, CDCES

Kara Meeks, MS, RDN, CDCES

Kathy Berger, RDN

Services	Description	Date, Time, & Location
Diabetes Self- Management Workshop Series (referral required)	Training on how to manage your diabetes in a supportive Group setting	2 classes Monday August 5th and 12th 4:00-6:00 PM Endocrinology Conference Room
Prevent Diabetes Class series (No Cost)	A month -long 4 session course to help participants prevent or delay the progression to type 2 diabetes.	<i>September 5th, 12th, 19th, and 26th at 3:30-5:00 PM. Call to register Endocrinology Conference. Room</i>
Diabetes Prevention Class Single one-time class (No Cost)	Learn the basics of diet and activity to reduce your risk of type 2 diabetes	Tuesday July 30th @ 9:00 AM Endocrinology Conference room Call to register
Diabetes Prevention program Maintenance Support Group	Virtual ongoing support and education for those who completed the diabetes prevention program	Wednesday July 10th @ 5:30 PM OR Thursday July 11th @ 8:30 AM Both are using WebEx platform
Dietary Approaches to Stop Hypertension (DASH) Class (No Cost)	Learn about the DASH Nutrition Program to help manage high blood pressure.	Thursday July 25th @ 5:30 PM Class is virtual using Webex Platform Call to register
Diabetes Support Group	Meet with others to give and receive support in managing diabetes while learning about relevant topics	We are taking a summer break, we plan to resume this group in the Fall.
Individual Dietitian Appointment (referral required)	Meet with a dietitian for 1-on-1 counseling for Medical Nutrition Therapy.	Once we receive referral we will contact you for appointment
Pulmonary Nutrition Class (No cost)	Learn about what you can do to improve your nutrition with Pulmonary disease	Thursday September 19th @ 1:30 PM Mannix Conference. Room (H & V Building) Call to register

Pre-registration required for all classes so that we can update patients on any changes. Please Call (540) 213-2537

Diabetes and Nutrition Education Program

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