

Diabetes & Nutrition

NOVEMBER 2024



Who We Are

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

- Linda Peters, Administrative Assistant
- Caroline Hackley, M.Ed., RDN, CDCES
- Kathy Berger, RDN
- Kara Meeks, MS, RDN, CDCES
- Rebecca Loflin, RN, BSN

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, November 4th and 11th at 1-3 pm in the Endocrinology Conference Room
Prevent Diabetes Class Series (No cost)	A month-long session course to help participants prevent or delay the progression of type 2 diabetes	Tuesdays November 5th, 12th, 19th, and 26th, 9:00-10:30 am. Endocrinology Conference Room. Call to register.
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, December 3rd, 9am in the Endocrinology Conference Room. Call to register.
Diabetes Prevention Program Maintenance Support Group	Virtual, ongoing support and education for those who have completed the diabetes prevention program	Thursday, November 7th at 8:30am, OR 5:30pm. 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, November 21st, 9am in the Endocrinology Conference Room. Call to register.
Diabetes Support Group	Meet with others to give and receive support in managing diabetes while learning about relevant topics	Look for the Diabetes Support Group to resume in January 2025.
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, November 21st, 1:00pm in the Mannix Conference Room (H&V Building). Call to register.

Pre-registration is required for all classes to update patients on any changes.

Please call (540) 213-2537.