

Diabetes & Nutrition

DECEMBER 2024



Who We Are

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

- Linda Peters, Administrative Assistant
- Kara Meeks, MS, RDN, CDCES
- Caroline Hackley, M.Ed., 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, December 2nd and 9th at 9:00-11:00 am 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.	April 2025 Reservations open February 3rd 2025
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.
Dietary Approaches to Stop Hypertension (DASH) Class (No cost)	Learn about the DASH Nutrition program to help manage high blood pressure.	Last Session: Thursday, December 12th, 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 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.

**Pre-registration is required for all classes to update patients on any changes.
Please call (540) 213-2537.**