

Diabetes & Nutrition

April 2025

Who We Are

We are committed to helping patients live well as they manage their diabetes & 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: April 7th & 14th, 9:00 AM-11:00 AM in the Endocrinology Conference Room
Diabetes Prevention Class Single one-time class (No cost)	Learn the basics of diet and activity to reduce your risk on type 2 diabetes.	April 29th, 9:00 AM - 10:30 AM in the Endocrinology Conference Room. Call to register.
Diabetes Prevention Class Four Part Series (No Cost)	Learn more through an indepth look at diet and excercise to reduce your risk of type 2 diabetes in a 4 class series	April 3rd,10th,17th, and 24th 1-2pm in the Endocrinology Conference Room. Call to register.

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