

Diabetes and Nutrition August 2021

Who We Are

A team committed to helping patients live well as they manage their diabetes and nutrition:

- Caroline Hackey, M. Ed, RDN, CDCES
- Linda Peters, Administrative Assistant
- Kathy Berger, RDN
- Kara Meeks, MS, RDN, CDCES
- Megan Cather, RDN

Our Services

Services	Description	Date, Time, & Location
Continuous Glucose Monitor (CGM) Workshop Program	Continuous Glucose Monitors: How to Start and Is It Right For Me?	Aug 25 (W) 5:00- 6:00 p.m. <i>via WebEx</i>
Diabetes Prevention Program	A 12-month lifestyle change program targeted to prevent T2DM	<i>call for next scheduled session</i>
Diabetes Prevention Class	Learn the tools you need to prevent T2DM	Aug 11 (W) 10:00-11:00a.m. Aug 19th (Th) 5:30-6:30 p.m. <i>via WebEx for both</i>
Diabetes Support Group	Meet with others to give and receive support in managing diabetes while learning about relevant topics	Aug 19th (Th) 5:30-6:30 p.m. Location: ACC, room 1
Individual Session*	Meet with a dietitian for 1-on-1 counseling	Patient chooses
Diabetes Workshop Series*	Training on how to manage your diabetes in a dynamic, fun, supportive group setting	Aug 3 & 10 (T) 4:30-6:00 p.m. Aug 18 & 25 (W) 5:00-6:30 p.m. <i>Location for all workshops: ACC, room 3</i>
*Referral required		

Pre-registration required for all services so that we can update patients on any changes, etc. To register/ schedule or for any questions, please contact Linda Peters at 540.213.2537 or lpeters@augustahealth.com

Diabetes and Nutrition Education Program

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