

Diabetes and Nutrition

March 2022

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: The How-to Guide to Get Started	Mar 4 (F) 10:00-11:00a.m. Mar 24 (Th) 2:00-3:00p.m. <i>Endocrinology Conf. Room</i>
Diabetes Prevention Program	A 12-month lifestyle change program targeted to prevent T2DM	<i>Call for next scheduled session</i> <i>*free--funded by Community Health Grant</i>
Diabetes Prevention Class	Learn the basics of diet and activity to reduce your risk of type 2 diabetes	<i>Call for an individual appointment</i> <i>*free--funded by Community Health Grant</i>
Diabetes Prevention Program Maintenance-Support	Ongoing support and education for those who completed the diabetes prevention program	Mar 2 (W) 8:30-9:30a.m. Mar 16 (W) 5:00-6:00p.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	Mar 17 (Th) 5:30-6:30p.m. <i>via Webex</i>
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	Mar 3 & 10 (Th) 4:00-5:30p.m. (virtual) Mar 9 & 16 (W) 9:00-10:30a.m. (conf rm) <i>*more dates and times available</i>

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

* = referral required

Diabetes and Nutrition Education Program

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