

Diabetes and Nutrition

April 2022

Who We Are

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

- Caroline Hackley, 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	Apr 14 (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	Call for an individual appointment <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	Apr 6 (W) 8:30-9:30a.m. Apr 20 (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	Apr 21 (Th) 5:30-6:30p.m. <i>Endocrinology Conf. Room</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 fun, supportive group setting	Apr 4 & 11 (M) 1:00-2:30p.m. (conf. rm) Apr 20 & 27 (W) 4:30-6:00p.m. (conf. rm)
Diabetes Specialty Class--Nutrition	A deep dive into the nitty gritty of nutrition for people with diabetes	Apr 6 (W) 4:30-5:30pm (conf. rm)

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

15 Sports Medicine Drive, Suite 101 | Fishersville, VA 22939

P: 540-213-2537 | F: 540-213-2522 | augustahealth.com/diabetes-nutrition-education