



# Diabetes and Nutrition November 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
<b>Continuous Glucose Monitor (CGM) Workshop*</b>	Continuous Glucose Monitors: The How-to Guide to Get Started	Nov. 10 (Th) 2:00-3:00p.m. <i>Endocrinology Conf. Room</i>
<b>Diabetes Prevention Program</b>	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>
<b>Diabetes Prevention Class</b>	Learn the basics of diet and activity to reduce your risk of type 2 diabetes	<i>Call for next scheduled session</i> <i>*free--funded by Community Health Grant</i>
<b>Diabetes Prevention Program Maintenance-Support</b>	Ongoing support and education for those who completed the diabetes prevention program	Nov. 2 (W) 8:30-9:30a.m. Nov. 15 (T) 5:30-6:30p.m. <i>*via Webex for both</i>
<b>Dietary Approaches to Stop Hypertension Class Series</b>	Learn all about the nutrition you need to reduce high blood pressure	Starts Nov 1 (T) 9:00a.m. <i>*call for location</i>
<b>Diabetes Support Group</b>	Meet with others to give and receive support in managing diabetes while learning about relevant topics	Nov 10 (Th) 5:30p.m. <i>Endocrinology Conf Room</i>
<b>Individual Session*</b>	Meet with a dietitian for 1-on-1 counseling	Patient chooses
<b>Diabetes Workshop Series (2 Parts)*</b>	Training on how to manage your diabetes in a fun, supportive group setting	Nov 7 & 14 (M) 1:00pm, <i>Endo Conf. Rm</i> Nov 14 & 21 (M) 1:00pm, <i>VIRTUAL</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](mailto:lpeters@augustahealth.com)

\* = referral required

## Diabetes and Nutrition Education Program

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