



Diabetes and Nutrition December 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*	Continuous Glucose Monitors: The How-to Guide to Get Started	Dec. 8 (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>Dec 14 (W) 10:00a.m.</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	Dec. 7 (W) 8:30-9:30a.m. Dec. 20 (T) 5:30p.m. <i>*via Webex for both</i>
Dietary Approaches to Stop Hypertension Class	Learn all about the nutrition you need to reduce high blood pressure	Dec. 6 (T) 9:00a.m. <i>*call for location</i>
Diabetes Support Group	Meet with others to give and receive support in managing diabetes while learning about relevant topics	no support group in December
Individual Session*	Meet with a dietitian for 1-on-1 counseling	Patient chooses
Diabetes Workshop Series (2 Parts)*	Training on how to manage your diabetes in a fun, supportive group setting	Dec. 5 & 12 (M) 4:30p.m. <i>VIRTUAL via Webex</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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