



Diabetes and Nutrition

April 2023

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
Diabetes Workshop Series (2 Parts)*	Training on how to manage your diabetes in a fun, supportive group setting	Apr 3 & 10 (M) 4:30p.m. *Endo Conf Rm
Diabetes Prevention Program	A 12-month lifestyle change program targeted to prevent T2DM	Call for next scheduled session *free
Diabetes Prevention Class	Learn the basics of diet and activity to reduce your risk of type 2 diabetes	Apr 12 (W) 10:00a.m. (call for location) *free
Diabetes Prevention Program Maintenance-Support	Ongoing support and education for those who completed the diabetes prevention program	Apr 5 (W) 8:30-9:30a.m. Apr 26 (W) 5:30p.m. *via Webex for both
Dietary Approaches to Stop Hypertension Class	Learn all about the nutrition you need to reduce high blood pressure	Apr 4 (T) 9:00-10:30 a.m. *call for location
Diabetes Support Group	Meet with others to give and receive support in managing diabetes while learning about relevant topics	Apr 27 (Th) 5:30pm *call for location
Individual Session*	Meet with a dietitian for 1-on-1 counseling	Patient chooses
Weight Loss Class	1 hour introducing tools and resources to aid in your weight loss journey	Apr 28 (F) 10:00 a.m. *Endo 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

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