

AUGUSTA HEALTH OUTPATIENT DIABETES AND NUTRITION EDUCATION



June 2023 Diabetes and Nutrition Education

Who We Are

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

Linda Peters, Administrative Assistant

Beth Coogan-Golden, Administrative Assistant

Caroline Hackley, M.Ed., RDN, CDCES

Kara Meeks, MS, RDN, CDCES

Kathy Berger, RDN

Megan Cather, RDN

Services	Description	Date, Time, Location
Diabetes Self- Management Workshop Series (Referral required)	Training on how to manage diabetes in a fun supportive group setting	June 5 and 12th (M) 4:30-6:00 PM Endocrinology Conf. Room
Diabetes Prevention Program No Cost to participant	12-month lifestyle change program targeted to prevent Type 2 diabetes	Next scheduled Group starts June 7 (W). Call to register
Diabetes Prevention Class No Cost to participant	Learn the basics of diet and activity to reduce your risk of type 2 diabetes	June 14 (W) 10:00 AM Endocrinology Conf. Room
Diabetes Prevention Program Maintenance/Support Group No Cost to participant	Ongoing support for those who have completed the Diabetes Prevention Program	AM Group June 7 (W) 8:30 AM PM Group June 22 (Th) 5:30 PM
Diabetic Support Group No Cost to participant	Meet with others to give and receive support in managing diabetes while learning about relevant topics	Meets Every other Month June 29th 5:30 PM Endocrinology Conf. Room
DASH (Dietary Approaches to Stop Hypertension) Class No Cost to participant	Learn about the DASH Nutrition Program to help manage blood pressure and heart health.	June 6 (T) 9:00-10:30 AM Endocrinology Conf Room <u>or</u> June 8 (Th) 5:30 PM Virtual by WebEx
Individual Session (Referral required)	Appointment with a Dietitian for Medical Nutrition Therapy counselling	By Physician Referral
Weight Management Class (Referral required)	1 hour class introducing tools and resources to aid in your weight loss journey.	June 30 (F) 10:00-11:00 AM Endocrinology Conf Room
Pulmonary Nutrition Class No Cost to participant	Learn about what you can do to improve your nutrition with Pulmonary disease.	June 15 (Th) 1:00 PM Mannix Conference Room

Pre-registration required for all services so that we can update patient on any changes, etc
To register for the classes or for any questions please contact us at (540) 213 – 2537.

Augusta Health

Outpatient Diabetes and Nutrition Education

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