

Diabetes and Nutrition August 2023

Who We Are

We are 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 your diabetes in a supportive Group setting	Mondays August 7th and 14th Time: 4:30-6:00 PM Endocrinology Conference Room
Diabetes Prevention Program (No Cost)	A 12-month lifestyle change program targeted to prevent Type 2 Diabetes.	<i>Next Group start date To be determined <u>Call for information.</u></i>
Diabetes Prevention Class Single one-time class (No Cost)	Learn the basics of diet and activity to reduce your risk of type 2 diabetes	Wednesday August 16th @ 10:00 AM <i>Endocrinology Conference Room, Call to register</i>
Diabetes Prevention program Maintenance Support Group	Virtual ongoing support and education for those who completed the diabetes prevention program	Wednesday August 2nd at 8:30 AM Thursday August 24th at 5:30 PM Both are using WebEx platform
Dietary Approaches to Stop Hypertension (DASH) Class (No Cost)	Learn about the DASH Nutrition Program to help manage high blood pressure.	Tuesday August 1st 9:00-10:30 AM Endocrinology Conference Room Virtual Class Thurs. Aug. 3rd 5:30-7:00 PM Uses WebEx Platform <u>Call to register</u> for either class.
Diabetes Support Group	Meet with others to give and receive support in managing diabetes while learning about relevant topics	<u>Meets every other Month</u> Wednesday August 23th, 5:30 PM Grocery store Tour Call 540-941-2538 for details
Individual Dietitian Appointment (referral required)	Meet with a dietitian for 1-on-1 counseling for Medical Nutrition Therapy.	Once we receive referral we will contact you for appointment
Pulmonary Nutrition Class (No cost)	Learn about what you can do to improve your nutrition with Pulmonary disease	Thursday August 17th 1:00 PM Mannix Conf. Room (H & V Building) <u>Call to register</u>

Pre-registration required for all Classes so that we can update patients on any changes, etc.
Please Call (540) 213-2537

Diabetes and Nutrition Education Program

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