

Diabetes and Nutrition September 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 Sept.11th and 18th , 1:00-2:30 PM or 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 starts Soon. Please call for information.</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 September 13th 10:00a.m. <i>Endocrinology Conf. Room</i> <i>Call to register</i>
Diabetes Prevention program Maintenance Support Group	Virtual ongoing support and education for those who completed the Diabetes Prevention Program	Wednesday Sept. 6th @ 8:30 AM Thursday Sept. 28th 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.	Wednesday Sept. 20 9:00-10:30 AM Endocrinology Conference Room WebEx Virtual Class Thursday evening Sept. 21 5:30-7:00 PM <u>Call to register</u>
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> Thursday October 26th, 5:30 PM Endocrinology Conference Room
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 Sept. 21st @ 1:00 PM Mannix Conf. Room (H & V Building)

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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