

Diabetes and Nutrition October 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 October 2nd and 9th 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 Thursday Oct. 26th at 10:00 AM. Call to register</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 October 18 10:00a.m. Endocrinology Conference Room <i>Call to Register</i> |
| Diabetes Prevention program Maintenance Support Group | Virtual ongoing support and education for those who have completed the Diabetes Prevention Program | Wednesday October 4 at 8:30 AM Thursday October 19 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. | In-person Wed. Oct. 25 9:00-10:30 AM Endocrinology Conference Room Virtual Class Oct 25 5:30-7:00 PM Uses WebEx Platform Call to register |
| Diabetes Support Group | Meet with others to give and receive support in managing diabetes while learning about relevant topics | November Date to be determined |
| 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 November 16 1:00 PM Call to register 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

15 Sports Medicine Drive, Suite 101 | Fishersville, VA 22939

P: 540-213-2537 | F: 540-213-2522 | augustahealth.com/diabetes-nutrition-education