

# Diabetes and Nutrition November 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
<b>Diabetes Self- Management Workshop Series (referral and initial assessment visit required)</b>	Training on how to manage your diabetes in a supportive Group setting	Class 1 Monday November 6th Class 2 Monday November 13th 1:00-2:30 PM <b>OR</b> 4:30-6:00 PM Both classes are In-Person <i>Endocrinology Conference Room</i>
<b>Diabetes Prevention Program (No Cost)</b>	A 12-month lifestyle change program targeted to prevent Type 2 Diabetes.	Classes start Quarterly, Next Cohort is planned for January 2024
<b>Diabetes Prevention Class Single one-time class (No Cost)</b>	Learn the basics of diet and activity to reduce your risk of type 2 diabetes	Wednesday November 8th 10:00 AM. <i>Endocrinology Conference Room</i>
<b>Diabetes Prevention program Maintenance Support Group</b>	Virtual ongoing support and education for those who completed the Diabetes Prevention Program	Wednesday November 1st at 8:30 AM Thursday November 16th at 5:30 PM <i>Both are using WebEx platform</i>
<b>Dietary Approaches to Stop Hypertension (DASH) Class (No Cost)</b>	Learn about the DASH Nutrition Program to help manage high blood pressure.	Wednesday Nov. 15th 9:00-10:30 AM <i>Endocrinology Conference Room</i> Thurs. Nov. 9th 5:30-7:00 PM <i>Virtual Class using WebEx Call to register</i>
<b>Diabetes Support Group</b>	Meet with others to give and receive support in managing diabetes while learning about relevant topics	Call for next meeting date/time <i>Endocrinology Conference Room</i>
<b>Individual Dietitian Appointment (referral required)</b>	Meet with a Dietitian for 1-on-1 counseling for Medical Nutrition Therapy.	Once we receive referral we will contact you for appointment
<b>Pulmonary Nutrition Class (No cost)</b>	Learn about what you can do to improve your nutrition with Pulmonary disease	Meets every other Month Thursday November 16th 1:00 PM <i>Mannix Conf. Room (H &amp; V Building)</i> Call to register

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](http://augustahealth.com/diabetes-nutrition-education)