

Diabetes and Nutrition January 2024

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 and initial assessment visit required) | Training on how to manage your diabetes in a supportive group setting | Class 1 Monday Jan. 8th @ 1:30 PM Class 2 Monday Jan. 15th @ 1:30 PM Classes are In-person in <i>Endocrinology Conference Room</i> |
| Diabetes Prevention Program (No Cost) | A 12-month lifestyle change program targeted to prevent Type 2 Diabetes. | <i>Next Group starts January 18th 2024</i> <i>Call for details</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 | Thursday January 25th at 9:00 AM <i>Endocrinology Conference Room</i> |
| Diabetes Prevention program Maintenance Support Group | Virtual ongoing support and education for those who completed the diabetes prevention program | Wednesday January 3 at 5:30 PM OR Thursday January 4th at 8:30 AM 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 January 24 at 5:30 PM Virtual Class Using WebEx Platform <i>Call to register</i> |
| Diabetes Support Group | Meet with others to give and receive support in managing diabetes while learning about relevant topics | Wednesday January 31st, 5:30 PM Endocrinology Conference Room <i>Meets every other Month</i> |
| 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 January 18th 1:00 PM <i>Call to register</i> Mannix Conf. Room (H & V Building) |

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

Diabetes and Nutrition Education Program

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