

Diabetes and Nutrition March 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 required)	Training on how to manage your diabetes in a supportive Group setting	2 classes Monday March 4th and 11th 4:00-6:00 PM Endocrinology Conference Room
Diabetes Prevention Program (No Cost)	A 12-month lifestyle change program targeted to prevent Type 2 Diabetes.	<u>Call for information</u>
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 March 28th 9:00 AM Endocrinology Conference room
Diabetes Prevention program Maintenance Support Group	Virtual ongoing support and education for those who completed the diabetes prevention program	Wednesday March 6th at 5:30 PM <u>OR</u> Thursday March 7th 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 March 27th at 5:30 PM Class is virtual using WebEx Platform Call to register
Diabetes Support Group	Meet with others to give and receive support in managing diabetes while learning about relevant topics	Tuesday March 26th at 5:30 PM Endocrinology Conference Room <u>Meets every other Month</u>
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 March 21st 1:00 PM Mannix Conference. Room (H & V Building) Call to register

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

Diabetes and Nutrition Education Program

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

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