

# Diabetes and Nutrition May 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
<b>Diabetes Self- Management Workshop Series (referral required)</b>	Training on how to manage your diabetes in a supportive Group setting	2 classes Monday May 6th and 13th @ 4:00-6:00 PM Endocrinology Conference Room
<b>Diabetes Prevention Series (No Cost)</b>	New program under development	See <i>Diabetes Prevention Class in the interim.</i>
<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	Thursday May 23rd @ 9:00 AM Endocrinology Conference room Call to register
<b>Diabetes Prevention program Maintenance Support Group</b>	Virtual ongoing support and education for those who completed the diabetes prevention program	Wednesday May 1st @ 5:30 PM OR Thursday May 2nd @ 8:30 AM Both are using WebEx platform
<b>Dietary Approaches to Stop Hypertension (DASH) Class (No Cost)</b>	Learn about the DASH Nutrition Program to help manage high blood pressure.	Wednesday May 22nd @ 5:30 PM Class is virtual using WebEx Platform Call to register
<b>Diabetes Support Group</b>	Meet with others to give and receive support in managing diabetes while learning about relevant topics	Tuesday May 29th @ 5:30 PM Endocrinology Conference Room <u>Meets every other Month</u>
<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	Thursday May 23rd @ 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

P: 540-213-2537 | F: 540-213-2522 | [augustahealth.com/diabetes-nutrition-education](http://augustahealth.com/diabetes-nutrition-education)