



Diabetes & Nutrition

March 2025

Who We Are

We are committed to helping patients live well as they manage their diabetes & nutrition:

- Linda Peters, Administrative Assistant
- Kara Meeks, MS, RDN, CDCES
- Caroline Hackley, M.Ed., RDN, CDCES
- Rebecca Loflin, RN, BSN

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: March 3rd & 10th, 9:00 AM-11:00 AM in the Endocrinology Conference Room
Diabetes Prevention Class Single one-time class (No cost)	Learn the basics of diet and activity to reduce your risk on type 2 diabetes.	March 25th, 9:00 AM - 10:30 AM in the Endocrinology Conference Room. Call to register.

**Pre-registration is required for all classes to update patients on any changes.
Please call (540) 213-2537.**