



# Diabetes & Nutrition

June 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,CDCES

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 class series: June 2nd & 9th, 9:00 AM-11:00 AM in the Endocrinology Conference Room
<b>Diabetes Prevention Class Single one-time class (No cost)</b>	Learn the basics of diet and activity to reduce your risk for Type 2 Diabetes.	June 24th, 9:00 AM - 10:30 AM in the Endocrinology Conference Room. Call to register.
<b>Diabetes Support Group ( No Cost)</b>	Meet with others to give and receive support in managing diabetes.	June 10th 4:00-500 pm Endocrinology Conference Room Call Office to sign up.

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

# DIABETES SUPPORT GROUP

**Your Health, Our Priority !**

Join the support group that meets the second Tuesday of each month from 4:00pm to 5:00pm in the Endocrinology Conference room. Led by a Certified Diabetes Care and Education Specialist (CDCES), the goal of the support group is to empower you to manage your diabetes



Call to sign up  
540-213-2537

**Augusta**  
Health