



Diabetes & Nutrition

July 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
Diabetes Self - Management Workshop Series (referral required)	Training on how to manage your diabetes in a supportive group setting.	2 class series: July 7th & 14th, 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 for Type 2 Diabetes.	July 29th, 9:00 AM - 10:30 AM in the Endocrinology Conference Room. Call to register.
Diabetes Support Group (No Cost)	Meet with others to give and receive support in managing diabetes.	July 8th 4:00-500 pm Endocrinology Conference Room Call Office to sign up.
Prevent Diabetes Class 4 Part Class (No Charge)	Learn the basics of diet and activity to reduce your risk for Type 2 Diabetes.	July 8th, 15th, 22nd, and 29th, 2pm-3pm 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.**

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

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Health