

Diabetes & Nutrition

October 2025

Who We Are

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

- Caroline Hackley, M.Ed., RDN, CDCES
- Rebecca Loflin RN, BSN, CDCES
- Lemma Brown MS RDN
- Linda Peters, Administrative Assistant
- Samara Small, Administrative Assistant

Services	Description	Date, Time, & Location
Diabetes Self - Management Workshop Series (referral required)	Training on how to manage your diabetes in a supportive group setting.	October 6 th 9am-11am October 13 th 9am-11am Endocrinology Conference Room
Diabetes Support Group (No Cost)	Meet with others to give and receive support in managing diabetes.	October 28 th , 9:00 AM - 10:30 AM in the Endocrinology Conference Room. Call to register.
Diabetes Prevention Class Single one-time class (No cost)	Learn the basics of diet and activity to reduce your risk for Type 2 Diabetes.	October 14 th 4:00-5:00 pm Endocrinology Conference Room Call Office to sign up.
Prevent Diabetes Class-4 Part Series	Learn the basics of diet and activity to reduce your risk for Type 2 Diabetes	October 7 th , 14 th 21 st & 28 th 1:30pm-2:30pm

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