

Diabetes & Nutrition

December 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.	December 1st from 9am-11am December 8th from 9am-11am Endocrinology Conference Room
Diabetes Support Group (No Cost)	Meet with others to give and receive support in managing diabetes.	December 9th from 4pm-5pm 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.	December 30th from 9am-10:30am Endocrinology Conference Room Call Office to sign up.
Diabetes Annual Review	Update on essentials of diabetes management. Referral required	December 15th 10am-11am 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