

# Diabetes & Nutrition

April 2026

## 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
<b>Diabetes Support Group (No Cost)</b>	Meet with others to give and receive support in managing diabetes.	<b>April 14<sup>th</sup></b> from 4 pm-5 pm in the Endocrinology Conference Room. Call to register. <b>Lemma Brown RD</b> will be hosting this month!
<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.	<b>April 28<sup>th</sup></b> from 9am-10:30 am Endocrinology Conference Room Call the office to sign up.

**Pre-registration is required for all classes to update patients on any changes.**

**Please call (540) 213-2537**

Diabetes & Nutrition Education Program | 15 Sports Medicine Drive, Suite 101 | Fishersville, VA 22939 | 540-213-2537

