

DIABETES EDUCATION SERVICES

LIVING WITH DIABETES*

A four class series for adults with newly diagnosed diabetes who seek introductory information or adults with a previous diagnosis of diabetes who have little diabetes knowledge and have not attended a class previously. A written physician Diabetes Self Management Training referral is required for billing purposes. Adult support person is welcome.

DIABETES MANAGEMENT REVIEW

A two hour small group class for adults with a previous diagnosis of diabetes who have some diabetes knowledge and/or have attended a class previously. A written physician Diabetes Self Management Training referral is required for billing purposes. Adult support person is welcome.

PROGRAM CONTENT

- Understanding Diabetes
- Healthy Eating
- Being Active
- Monitoring Diabetes
- Diabetes Medications
- Stress and Emotional Responses to Diabetes
- Avoiding Problems and Complications of Diabetes
- Reducing Risks
- Changing Behavior



DIABETES EDUCATORS

Jennifer Beer, RN, CDE

Clinical Instructor

Certified Diabetes Educator

Shawn Crandell, RD, CD, CDE

Clinical Dietitian

Certified Diabetes Educator

Paula Rossell, RD, CD, CDE

Clinical Dietitian

Certified Diabetes Educator

There is a fee and registration is required.

For more information or to register, please call:

812-537-8431 or 800-676-5572 ext. 8431

