

DIABETES EDUCATION SERVICES

LIVING WITH DIABETES*

A comprehensive group class taught by Certified Diabetes Educators for adults with newly diagnosed diabetes or those previously diagnosed with little diabetes knowledge. Adult support person is welcome.

DIABETES MANAGEMENT REVIEW

A group review class taught by Certified Diabetes Educators for adults with previously diagnosed diabetes in need of diabetes management review. Adult support person is welcome.

PROGRAM CONTENT

- Understanding Diabetes
- Methods to Control Diabetes
- Diabetes and Activity
- Monitoring Diabetes
- Healthful Eating, Meal Planning and Carbohydrate Counting
- Diabetes Medications
- Avoiding Problems and Complications of Diabetes
- Sources of Diabetes Information
- Stress and Emotional Responses to Diabetes
- Changing Behavior



DIABETES EDUCATORS

Paula Rossell, RD, CD, CDE
Clinical Dietitian
Certified Diabetes Educator

Shawn Crandell, RD, CD, CDE
Clinical Dietitian
Certified Diabetes Educator

Jennifer Beer, RN, CDE
Clinical Instructor
Certified Diabetes Educator

There is a fee and registration is required.

For more information or to register, please call:
812-537-8323 or 800-676-5572 ext. 8323