

# Nutrition Education Programs

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Nutrition consults provided by a registered dietitian are one of the first treatments individuals should receive to improve conditions such as diabetes, heart disease and high blood pressure. If you have been diagnosed with a medical condition and your treatment plan calls for a lifestyle change, we can help.

## Individual Nutrition Consultations\*

We offer one-on-one sessions with a registered dietitian to help patients manage their personal nutritional needs stemming from a variety of health conditions. Our dietitians will tailor an individualized healthy lifestyle plan for each patient based on his or her nutritional needs, including diet and exercise.

## Diabetes Self-Management Program\*

In a group setting, certified diabetes care and education specialists teach participants the importance of knowing what to eat, planning meals, exercising, setting goals and monitoring their blood glucose levels. The program is certified by the American Diabetes Association. Classes are offered weekly on either Tuesday morning or Thursday afternoon. This is a four week program that can be joined during any point of the class rotation.

## Diabetes Support Group

Because a diagnosis of diabetes can be overwhelming, we offer a free Diabetes Support Group for patients, their friends and families. The group meets monthly at the medical center. At these meetings, medical professionals speak on a wide variety of topics and there is always time for questions and answers. Visit [www.williamsonmedicalcenter.org/in-the-community/event-calendar/diabetes-support-group/](http://www.williamsonmedicalcenter.org/in-the-community/event-calendar/diabetes-support-group/) to see a list of exact dates and times for upcoming classes.

## Diabetes Prevention Program

Our outpatient program is part of a nationwide initiative through the CDC's National Diabetes Prevention Program. Sessions are led by trained lifestyle coaches who will assist you in losing weight, adopting healthy eating habits, and increasing your physical activity. This is a year-long group class. You must be 18 years or older to participate.

**For more information or to see if you qualify for a specific program, call (615) 435-5580.**

Patients are encouraged to check with their insurance provider regarding specific medical nutrition education benefit coverage.

\* Indicates a referral is required