

# DIABETES EDUCATION PROGRAM

- Patient education for patients with **Type I, Type II, and gestational diabetes**
- Sessions led by diabetes educator who is a **registered dietitian**
- Enables individuals with diabetes to learn **self-care skills to achieve management of their diabetes**
- Teaches patients how to **eat healthy, be active, monitor blood sugar levels, take medication, problem solve, and reduce risk for diabetes complications**



## Group Classes & Individual Sessions Available

Group Classes Every Wednesday at 12 p.m. & 4 p.m.

**Zoom Meeting ID:** 846 7982 4157 | **Passcode:** 411495

Individual Sessions by appointment

*Patient education is an important part of diabetes care.*



### For additional information, contact:

Starr'Retiece Gibson, MS, RDN, LDN  
sgibson@sihf.org  
618.646.2532 ext. 20103  
sihf.org

**SIHF**  **HEALTHCARE**