

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.

For more information or to register, please call:

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

There is a fee and registration is required.



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

Certified Diabetes Educators

Jennifer Beer, RN, CDE
Clinical Instructor

Shawn Crandell, RD, CD, CDE
Clinical Dietitian

Paula Rossell, RD, CD, CDE
Clinical Dietitian

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