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

Visit MyHPH.org

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.