

## Living with Diabetes

Living with Diabetes is a four class series for adults with newly diagnosed type 2 diabetes who seek introductory information as well as for those who want helpful healthy living reminders. It is conveniently offered on select Tuesdays from 5:30 to 7:30 p.m. and select Thursdays from 1:00 to 3:00 p.m. Topics include healthy meal planning, medication management, being active, monitoring and managing blood sugar, and preventing diabetes related problems. We encourage you to bring an adult support person.

This class is taught by Certified Diabetes Educators and is recognized by the American Diabetes Association as meeting the national standards for diabetes self-management education. A physician's referral and pre-registration is required. There is a fee to attend.

You can view the complete class schedule online at [MyHPH.org/education](http://MyHPH.org/education).

For more information or to register, please call 812-537-8431 or email [education@myhph.org](mailto:education@myhph.org).

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## Outpatient Nutrition Counseling

Eat Well.  
Be Well.



600 Wilson Creek Road  
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[MyHPH.org](http://MyHPH.org)

## Learn Nutrition Basics

Highpoint Health's Outpatient Nutrition Counseling is designed to help individuals increase their knowledge of nutrition basics and provide a personalized plan toward weight control, diabetes management, disease prevention and overall better health. Through one-on-one and/or group counseling sessions with a Registered Dietitian, you will learn how to lead a healthier lifestyle through education and personalized nutritional advice.

**Research indicates that a 10 to 15 pound weight loss can significantly lower blood pressure, blood sugar and cholesterol levels. In most instances, a meal plan is designed to incorporate all three of these areas. A healthy diet does not have to involve food deprivation and hunger and should not exclude any of the food groups.**

## Nutrition Counseling

If you are discharged from the hospital on a therapeutic diet or would benefit from weight loss, Highpoint Health offers individual and group outpatient nutrition counseling.

Topics covered include:

- Nutrition Assessment
- Nutrition Basics
- Meal Planning
- Shopping, Cooking, Dining Out
- Special Considerations

*A physician referral is needed and sessions are by appointment only. There is a fee for these services.*

For more information or to set up your appointment, please call us at 812-537-8163.

As we see patients throughout the day, we may be unable to take your call; please leave a message with the best way to reach you and we will do so as soon as possible.

## Diet Prescriptions

- Cardiac
- Diabetes
- Pulmonary
- Weight Loss
- High Blood Pressure
- Kidney Disease
- Pregnancy
- Gestational Diabetes
- Childhood Weight Management
- Cancer
- Celiac Sprue
- Irritable Bowel Syndrome