

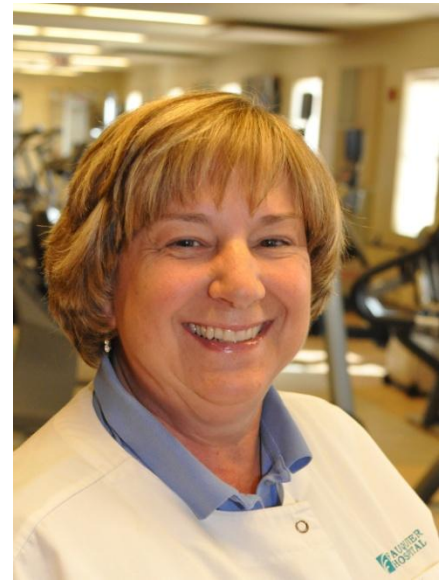
Diabetes Program at the Wellness Center



Amy Crisp, registered dietitian



Aren Dodge, registered dietitian



Dottie Williams, RN

We're not only happy to announce that Registered Dietitian Aren Dodge is back from maternity leave, but also that Amy Crisp (who had been filling in for Aren) will remain on staff to continue to grow the program. Dottie Williams, RN and diabetes educator, rounds out the awesome trio.

Don't forget - everyone who participates in the diabetes counseling, either through group classes or individual sessions, is entitled to an annual follow-up visit, covered by most insurance and Medicare. If this is you, call to sign up now.

Fauquier Health Wellness Center's Diabetes Services

Diabetes Self-Management Training Class

Get help learning the basics of managing diabetes. You'll receive a free glucometer, test strips and lancets, as well as a complimentary membership to the Wellness Center upon completion of the program. Classes require a doctor's referral. They include one-on-one sessions with a nurse and a dietitian, followed by eight hours of group classes. The program accepts Medicare and most insurance plans. Day, evening and weekend classes are now forming.

Diabetes Support Group

This FREE group is for anyone with any type of diabetes, as well as those who support or care for a person with diabetes. Get your questions answered and learn management skills from our guest speakers. Class meets on the second Thursday of every odd month in the Wellness Center.

Insulin Pump Management

Whether you have been using a pump for years, or you are considering the pump to better manage your diabetes, we are here to help. Improve your self management, utilize your pump features & fine tune your settings. Doctor's referral required for insurance coverage.

Continuous Glucose Monitoring

Take advantage of new technology by wearing a device that measures your blood sugar value every five minutes. This includes a 24-hour profile of blood sugar fluctuations for three days. It is ideal for fine tuning therapy and behavioral changes for better management outcomes. Covered by some insurances with a doctor's referral & preauthorization.

New pre-diabetes classes now forming!
Call us for more details at 540-316-2640.