



*See back for
Available
Appointments*

DDEAMC

Nutrition Care Division

Clinical Dietetics Branch

Appointments Office Hours

Monday—Thursday

0730-1630 (7:30 a.m. to 4:30 p.m.)

Note:

Office closed for all Federal holidays.

To schedule appointments or for information, please call the number listed below.

(706) 787-2243/787-3081



Available Nutrition Outpatient Appointments

Active Duty Weight Management

Option 1: 1st & 3rd Tuesday/month @ 0900

Option 2: 2nd & 3rd Tuesday/month @ 0900

Note; Must attend 2 classes

Class 1: Basic Nutrition Overview

Class 2: Meal Planning

Dependent/Retiree Weight Management

1st Thursday/month @ 1500 (3:00 p.m.)

Healthy Heart Education

1st Wednesday/month @ 1000

or

3rd Wednesday/month @ 1500

Diabetes Education

Option 1: Morning Class Series

0845 (8:45 A.M.) to 1130 (11:30 A.M.)

(1st three Wednesdays each month)

Location: 1st Floor, Auditorium

or

Option 2: Night Class Series

1715 (5:15 P.M.) to 1915 (7:15 P.M.)

(Last Consecutive Tues., Wed., and Thurs. bi-monthly)

Location: 2nd Floor, Family Practice Clinic Conference Room

Description of Diabetes Presentation

Nursing

Diabetes Overview
What is Diabetes?
Complications, Symptoms, Sick Day Rules
Monitoring Blood Sugar
Foot Care

Nutrition

Nutrition Goals
Nutrients in Food Sources
Carbohydrate Counting
Meal Planning
Dietary Fat & Heart Disease
Dining Out
Resources
Expectations

Pharmacy

Home Glucose Monitoring
Medication Use
Lab Values

Physical Therapy

Exercise and Diabetes
Importance & Types of Exercise

Psychology

Coping with Diabetes

Endocrinology

Diabetes Complication
Questions & Answers

Individual appointments available after attending class.

Schedule dates and times may vary. Please call before attending.

Individual Appointments available with referral and at the discretion
of Chief, Outpatient Clinic. Schedule & Location subject to change.
For information & to schedule an appointment call (706) 787-2243