



Annual Follow-up
Refresher Classes

Diabetes Education

Be knowledgeable about your health!!
Arm yourself with the latest
information on Diabetes care.

Thursday, October 20, 2011 | 2-4 pm in the Cafeteria at VGH

*2:00-3:00 Julie Hansen RN, Diabetes Educator

"Staying Healthy for the Long Haul/Long-Term Complications of Diabetes"

*3:00-4:00 Julie Hansen RN, Diabetes Educator

"Home Blood Glucose Monitoring-What Do I Do With The Results?"

Thursday, October 27, 2011 | 2-4 pm in the Cafeteria at VGH

*2:00-4:00 Mary Beth Peiffer RD LD CDE

"Healthy Eating for Diabetes-How Am I Doing?"

REMINDER: Medicare and most insurances offer (after the first year since diagnosis) up to 2 hours of general education refresher annually as well as up to 3 hours of dietary education annually.

MUST RSVP by the day before class to 472-6193. Insurances to be billed.



VIRGINIA GAY HOSPITAL
Clinics, Home Health, Nursing & Rehab

www.myvgh.org | 319.472.6200