

# St. Joseph Regional Medical Center (SJRMC)

## Diabetes Center

### 2012 FREE DIABETES CLASSES

<p>January</p> <p><b><u>"Love Your Feet"</u></b> Tuesday, January 17 @ 9:00am Conference Room C Presented by: Jolene Tucker, RN, CFCN, CWO CN &amp; Samantha Musser</p>	<p>February</p> <p><b><u>"Taking Control"</u></b> A1C Champion Wednesday, February 8 Two available presentation times: 8:30am or 6:00pm Conference Room C Sponsored by: Sanofi Aventis</p>	<p>March</p> <p><b><u>"Get Your Plate in Shape"</u></b> Thursday, March 29 @ 10:00am Conference Room C Presented by: Courtney Goff</p>
<p>April</p> <p><b><u>"Pre-Diabetes"</u></b> Wednesday, April 11 @ 8:30am Conference Room C Presented by: Susan Rauch</p>	<p>May</p> <p><b><u>"Diabetes ABC's: What do all these numbers mean anyway?"</u></b> Wednesday, May 9 @ 6:00pm Conference Room 1 Presented by: Timothy Dykstra, DO</p>	<p>June</p> <p><b><u>"Improving Health One Step at a Time"</u></b> Tuesday, June 19 @ Noon Conference Room C Presented by: Jeanne Laws, RN, MN, CDE</p>
<p>July</p> <p><b><u>"Diabetic Foot Care Tips"</u></b> Tuesday, July 17 @ 11:00am Conference Room C Presented by: Samantha Musser</p>	<p>August</p> <p><b><u>"Pre-Diabetes"</u></b> Tuesday, August 28 @ 1:00pm Conference Room C Presented by: Courtney Goff</p>	<p>September</p> <p><b><u>"Diabetes Boot Camp"</u></b> Tuesday, September 18 4:00pm-6:00pm For anyone caring for a child with type 1 diabetes Conference Room C Presented by: Susan Rauch</p>
<p>October</p> <p><b><u>"Diabetes and Eye Care"</u></b> Monday, October 8 @ 11:00am Conference Room C Presented by: Dorian Rammell, OD Eye Care Specialists PS</p>	<p>November</p> <p><b><u>"Diabetes Awareness Day"</u></b> Wednesday, November 14</p> <p>Presented by: <i>SJRMC Diabetes Educators</i></p>	<p>December</p> <p><i>You must be the change you wish to see in the world. ~Mahatma Ghandi</i></p>

Susan Rauch, RN, BSN, CDE  
Certified Diabetes Educator  
799-5227

Samantha Musser, RN, BSN, CFCN  
Diabetes Educator  
799-7358

Courtney Goff, RD, LD  
Registered Dietitian  
799-5558

*People committed to life.*



Please call with questions (208) 799-5227