

Your Educators

Susan Rauch, RN, BSN, CDE

Certified Diabetes Educator
Patient Education Coordinator

Courtney Goff, RD, LD

Outpatient Dietitian
Diabetes Educator

FREE Diabetes Education

Spring Classes:

- Pre-Diabetes
- Exercise As Medicine
- Pre-Diabetes

Summer Classes:

- Pre-Diabetes
- Dining Out Made Simple

Fall Classes:

- Pre-Diabetes
- Supermarket Tours
- Pre-Diabetes

Winter Classes:

- Pre-Diabetes
- Diabetes Awareness Fair

For specific class dates and additional educational information go to:

www.sjrmc.org

/services/CHERC/diabetes-center-education/

SJRMC is proud to provide you with the only nationally recognized Diabetes Education Program in the Lewiston and Clarkston area.



The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self Management Education.

St. Joseph Regional Medical Center

Make a DIFFERENCE... in your HEALTH.



Diabetes Center

People committed to life.



Community Health
Education Resource Center
St. Joseph Regional Medical Center

You are invited to St. Joseph Regional Medical Center's Diabetes Education Program.

Please join us to learn and discuss how you can live a healthy lifestyle while managing your diabetes.

We offer seven self-care behaviors to manage your diabetes:

- Healthy Eating
- Being Active
- Monitoring
- Taking Medications
- Problem Solving
- Healthy Coping
- Reducing Risks

We give personal consultations:

- Gestational Diabetes
- Insulin Pump Training
- Insulin Assessments and Adjustments

Financial information:

Medicare and many insurance carriers cover diabetes consultation and education. Contact your insurance company to discuss your benefits. Financial arrangements and payment plans are available.

How can I find more information?

Call: 208.799.5227

E-mail: diabetesed@sjrhc.org

Visit: www.sjrhc.org

Diabetes affects over 23.6 million people in the United States. 186 thousand are young adults and children under the age of 20. Eating right and living an active lifestyle is your greatest defense against this disease. We can help you discover the tools to live a better life.



For a better LIFE.