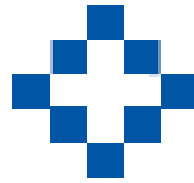


Diabetes Self Management Education



COMMUNITY HEALTH CENTERS
OF THE RUTLAND REGION

Community Health Centers of the Rutland Region has diabetes education programs at the Brandon, Castleton, and West Pawlet (Mettowee) locations. These programs are all recognized by the American Diabetes Association.

Those interested should contact the diabetes educators at each of our sites:

- Brandon—802-247-6305
- Castleton—802-468-5641
- West Pawlet—802-645-0580



Our education program includes, but is not limited to:

- General overview of diabetes
- Self - monitoring
- Basic nutrition
- The importance of exercise
- Potential acute and chronic complications of diabetes



There are also specialized educational sessions for injectable medications.