



**NEWS RELEASE**

**For immediate release**

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***Rapides Regional Medical Center offers free diabetes education***

*New classes, offered each month with no physician referral required*

ALEXANDRIA, La., January 15—Whether you’ve just been diagnosed with diabetes, or have had it for years, this is a class for you. Rapides Regional Medical Center now offers a free “Diabetes Group Class” for adults with diabetes.

“If you’re newly diagnosed with diabetes, you’re certainly going to have questions about insulin, diet, exercise and how the disease can affect your health,” said Sandy Couvillon, RD. “And if you’ve had diabetes for years, you may just want a refresher course in how to better manage your glucose levels. That’s why we’re here.”

This is a basic diabetes program, so no physician referral is required. The program content follows the American Diabetes Association guidelines and uses a variety of teaching methods to enhance learning. Topics include meal planning, monitoring blood sugar, medications, complications, and learning to deal with a chronic disease.

The course is taught by Sandy Couvillon, Registered Dietitian and Amie Starks, Registered Nurse. The program is free, but space is limited. Reservations are required by calling (318) 769-3106.

Classes will be held Feb. 11, March 11, April 8, May 13, June 10, July 8, Aug. 12, Sept. 9, Oct. 14, Nov. 10 and Dec. 9.