About Our Program

We offer diabetes classes, one-on-one diabetes education, MNT, DPP, pump start and CGM services. We provide in person and, during COVID-19, we offer telehealth. We have a higher population of seniors and we have un-insured participants.

Focus on Each Participant

Before we even start a group session, we spend time with each participant going over their assessment. We explain their suggested meal plan and show them how to use their prescribed devices. We find out what their interests are and what they want to learn during diabetes self-management education and support sessions.

During the group session, we do activities that get each person moving and involved, such as marching in place for 2 minutes or leg raises on our chair for 8 reps. Teach-back is another way we keep sessions engaging and moving forward. When we’re done, we give ourselves a pat on the back.

Focusing on each person means you have to get their perspective. We ask participants to share their favorite health-focused apps, websites and games.

For additional tips, visit DiabetesEducator.org/EngagingDSMES.