

Diabetes Management Education

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Call for any eligibility requirements

Family

No

Intake Process

Call for information.

Self Refer

No

Riverside Health System

<http://www.riversideonline.com/services/diabetes/index.cfm>

Main

(757) 534-5918

Toll-Free

(888) 380-2273

Riverside Endocrinology and Diabetes Services

12200 Warwick Boulevard, Suite 590

23601 VA

United States

Fee Structure

No Fee

Languages Spoken

English

The Riverside Diabetes Educational program provides the tools and skills you need for effective self-management. Programs, classes and support groups are offered. Some require a referral from your doctor and the costs may be covered by your insurance. Nutrition education, exercise programs, a smoking cessation program and support groups offer ways for you to learn what to eat, how to closely monitor your glucose, whether to smoke, and how much exercise you should get to successfully management your diabetes. Ask your doctor which services are right for you.

At the Peninsula Center in Gloucester, an eight-week program is offered that combines effective, fat-burning exercise with nutrition education that emphasizes balance and moderation. Certified Group Exercise Instructors teach the exercise program and Registered Dietitians teach the nutrition classes.

Service Area(s)

Chesapeake City

,

Hampton City

,

Newport News City

,

Norfolk City

,

Poquoson City

,

Suffolk City

,

York County