

Gritman Clinical Nutrition & Diabetes Care

2016 Wellness Class Schedule

Support group is open to the public at no cost by your Gritman Diabetes Care Team. Classes are held on the first Tuesday of each month from 4 - 5 p.m. in the Gritman Conference Center, 700 S. Main St. in Moscow. For information, please call (208) 883-6341.

Healthy Eyes Dr. Polito, OD, Alpine Vision Center	January 5
Benefits of Exercise Kristi Holden, MSPE, and Odette Engan, BSK, Gritman Medical Center	February 2
Practical Tips for Portion Control Gritman Diabetes Care Team	March 1
Diabetes Medications Tanya Snodgrass, PharmD, Gritman Pharmacy	April 5
Spring Cooking Class Chef Todd Unger and Erin Richardson, CDM, Gritman Dietary	May 3
Traveling with Diabetes Gritman Diabetes Care Team	June 7
Summer Skin and Foot Care Speaker TBD	July 5
The Basics of Diabetes Nutrition The Gritman Diabetes Care Team	August 2
Mindfulness as a Complimentary Exercise for Diabetes Mangement Dave Potter, Certified Mindfulness-Based Stress Reduction Instructor	September 6
Diabetes Oral Health Speaker TBD	October 4
National Diabetes Month Health Fair Gritman Diabetes Care Team	November 1
Holiday Cooking Class Chef Anna Harlow-Truscott, Gritman Dietary	December 6

Gritman Medical Center
Diabetes Care Team

Nancy Kure, RDN, LD, CDE
Donna Winther, RN, CDE
Francie Tyler, RN
Mary Skoglund, RDN, LD, CDE
Tiffany Schaeffer, RDN, LD
Cory Zenner, RDN, LD

