

Diabetes Education Center & Outpatient Nutrition



Union Hospital Diabetes Education Center and Outpatient Nutrition (DEC) provides information, skills, training and support to assist individuals in the management of diabetes and other nutrition concerns.



About Us

Along with your physician, the staff at the DEC will help you create a diabetes management plan or other meal plan that works for you. Staff at the DEC includes Diabetes Nurse Educators and Registered Dietitians. Union Hospital Diabetes Education Center is recognized by the American Diabetes Association as meeting the National Standards for Diabetes Self-Management Education. Many of our staff are Certified Diabetes Educators.

Diabetes Management Workshop

This workshop is a nine-hour group class, divided into three sessions, for those newly diagnosed with diabetes or those who need an update. It covers basic diabetes management principles including dietary principles and meal planning, medications, blood sugar testing, exercise, acute and chronic complications, foot care and more. The class series is offered several times a month, both day and evening, and a fee is required to attend the workshop which may be covered by some insurance plans.



1530 N. 7th St., Suite 503, Terre Haute, IN 47804

Ph: 812.238.7577

www.myunionhospital.org

Individual Sessions

Individual sessions give you the opportunity to work one on one with a diabetes educator and/or registered dietitian. Sessions with the diabetes educator cover insulin administration, blood glucose monitoring or other skills training and gestational diabetes. Sessions with the dietitian offer meal planning and explanation of carbohydrate counting or specific dietary recommendations and recipe adjustments. Sessions are typically 1 to 1 1/2 hours with an hourly fee that may be covered by some insurances.



Pre-Diabetes Class

If you have been diagnosed with pre-diabetes, metabolic syndrome or insulin resistance, learn how to delay or prevent the onset of type 2 diabetes. The class meets from 6 to 9 p.m. the third Tuesday of every month in the Union Hospital Professional Office Building. The class fee includes a personalized meal plan, glucose monitor and more.

Support Groups

Meet with others who have diabetes and who deal with the issues of diabetes management on a day-to-day basis. Topics range from information about management principles to dealing with the emotional/social aspects of diabetes. The Diabetes Support Group meets from 6 to 8 p.m. the first Monday of every month in the Union Hospital Professional Office Building. Support group meetings are free.

Locations

Union Hospital
1530 N. 7th St., Suite 503
Terre Haute, Indiana 47807

Union Hospital Clinton
777 N. Main St.
Clinton, Indiana 47807

Hours of Service

Monday - Friday 8 a.m. to 4:30 p.m.

Evening appointments can be arranged by calling (812) 238-7577.

A referral from your healthcare provider is required to bill insurance.

Need more information about
the Diabetes Education Center Services?
Visit our website or give us a call.

UNION
HOSPITAL
Diabetes Education
Center

The Union Hospital Diabetes Education and Outpatient Nutrition Center provides a comprehensive diabetes education program to improve the quality of life for all people with diabetes or at risk of diabetes.

Combined with the care of your physician, our staff will help you create plan that empowers you to successfully self-manage your diabetes. If at any time you have questions regarding our services, please feel free to call 812.238.7577.

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