



Diabetes Self-Management Education Program

Our American Diabetes Association (ADA) approved program is open to all adult diabetic patients. This program offers both individual and group sessions.

The program consists of:

- An individual session with a Registered Dietician for assessment and meal planning.
- Four, two hour classes on key topics related to diabetes management and control.

Class 1: Diabetes disease process, medications and monitoring

Class 2: Preventing, detecting, and treating acute and chronic complication

Class 3: Control through exercise, psychosocial adjustment, problem solving and goal setting

Class 4: Medical Nutrition Therapy

This program takes place at:

Meridian Medical Associates, P.C. - Endocrinology
2240 State Route 33
Suite B
Neptune, NJ 07753

For more information about our program and/or to schedule your appointment, please call 732-897-3980.

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