

# **Sentara Martha Jefferson Diabetes Classes and Education**

Age Requirements

No Age Requirement

Intake Process

Call the office for information and to register. Call 434-654-7000 or toll-free, 1-888-652-6663 for more information

Provider Refer

Yes

Self Refer

Yes

Sentara Martha Jefferson Hospital

<https://www.sentara.com/charlottesville-virginia/hospitalslocations/locations/m...>

<https://www.sentara.com/charlottesville-virginia/medicalservices/services/diabe...>

<https://www.facebook.com/sentarahealth>

<https://twitter.com/sentarahealth>

Main

(434) 654-7009

Toll-Free

(800) 736-8272

Sentara Martha Jefferson Hospital

500 Martha Jefferson Drive

22911 VA

United States

Fee Structure

Call for Information

Languages Spoken

English

Sentara Martha Jefferson offers many services to help patients with diabetes navigate their care. Controlling blood sugar through meal planning, getting proper exercise and possibly taking medication are essential in any diabetes management

plan. Patients can receive individual sessions or join group diabetes classes and support groups for advice on these topics and many others as they build their diabetes management plan.

Diabetes education programs assist those recently diagnosed with the disease, as well as those dealing with long-term diabetes management. Experts help patients develop the knowledge and skills needed to prevent complications and create healthy habits.

Diabetes Supermarket Smarts Grocery Tour: Learn how to shop for healthy foods that will keep blood sugar levels in good control. Emphasis on selecting foods moderate in carbohydrates, low in saturated fats and high in fiber. Taught by a Sentara Martha Jefferson Registered Dietitian at Giant Food, Rivanna Ridge Shopping Center on Pantops.

Meet in front of the store, near produce section. Attendees may want to bring jacket/sweater on tour as the store is cool. Please contact 1-800SENTARA (1-800-736-8272). Visit [Diabetes Supermarket Smarts](#)

Service Area(s)

Albemarle County

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Buckingham County

,

Charlottesville City

,

Fluvanna County

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Greene County

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Louisa County

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Madison County

,

Nelson County

,

Orange County