

RMH Diabetes Support Group Information

RMH DIABETES

PROGRAM COORDINATOR:

**Diabetes Educator & Clinical
Health Coach**

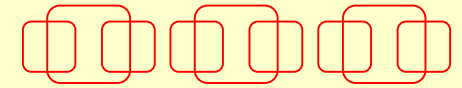
**Faith Hope Horpestad,
BSN, RN, CHC
406-323-3337**

About the Program:

Delivering Support and
Ongoing Diabetes
Self-Management Education

- Based on making life-style changes and AADE-7 Diabetes self-management behaviors
- Reducing your risk of developing complications by improving your control of Type 2 Diabetes
- Utilizing the Centers for Disease Control's (CDC) and AADE-7 nationally recognized topics and curriculum

Roundup Memorial Healthcare
1207 2nd St. W.
P. O. Box 40
Roundup, MT 59072
Address Correction Required



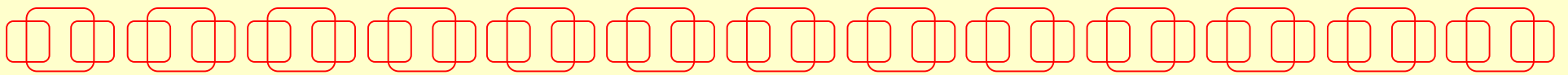
DIABETES SUPPORT GROUP

Roundup Memorial
Healthcare



A Peer Led Support Group Focused
on Learning, Sustaining, & Improving
Healthy Lifestyle Diabetes Self-
Management Skills and Behaviors

Phone: 406-323-3337
Web site: www.rmhmt.org



How Do I Get Started?

- Contact RMH to sign up
- Schedule a phone meeting with the program coordinator
- Be 18 years or older
- Be willing to keep group discussions confidential
- Be willing to support others in their journey to improve diabetes self-management skills
- Celebrate T2 Lifestyle achievement goals



Caring today for a healthier tomorrow

Is a Support Group Right for You?

- Are you ready for change?
- Are you ready to focus on increasing your physical activity?
- Are you prepared to focus on overcoming barriers that prevent you from eating healthy?
- Are you willing to learn from others and become motivated by interacting with other individuals who live successfully with diabetes?

RMH Diabetes Support Group Will Offer

- OPEN DOOR Monthly Meetings to individuals for peer support and guidance
- An interactive group platform
- Health coaching and guidance in setting clear, safe, reasonable, and effective health goals
- Meetings 4th Monday each month from 3:30 to 4:30 PM in the RMH Conference room

Our Outstanding Healthcare Providers

- *Jeri Lynn Casagrande, DO*
- *Brynn Bixby, PA*
- *Valeri Russell, PA*
- *Deborah Shields, PA*

Our Vision and Values

VISION

Compassionate, safe, and well-documented care based upon best practices and delivered with the kindness we would want for ourselves, our family, and our neighbors

VALUES

- Courage to be open and transparent
- Desire to be the best
- Love of service
- Loyalty to the hospital and one another
- Humility to listen, learn, and change

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