



Northern Light Diabetes and Nutrition

You can live well and feel well
with diabetes. We'll help you
overcome the challenges.

Need a ride?

Call **207.487.5185** to schedule a free ride with the Northern Light Health courtesy van to and from any of our health centers.

What will it cost?

Most health insurance plans cover the cost of diabetes and nutrition education. Please ask your primary care provider for a referral.

Call for details!

Services available at
Northern Light Health Centers

Clinton: 207.426.0976

Newport Plaza: 207.368.5747

Newport Triangle: 207.368.4292

Pittsfield: 207.487.5154

northernlighthealth.org/SVHServices



Northern LightSM
Sebasticook Valley Hospital

We help you and your loved ones gain the knowledge, skills, and empowerment necessary to become active participants in your diabetes care. Our dietitians are specially trained to help you achieve and maintain control of your diabetes.

Our Providers

Registered Dietitian Nutritionist (RDN)

Our RDNs can help you learn how to develop a meal plan that is just right for you, help prevent chronic health problems, set lifestyle goals, build your confidence, and achieve health goals. The best weight management and nutrition programs are designed to balance your food, activity and lifestyle.



Topics discussed can include:

- Assessment of learning needs
- General diabetes education
- Goal setting and behavior change support
- Healthy food choices and meal planning
- Hypoglycemia and hyperglycemia management
- Incorporating physical activity into your lifestyle

We can connect you with our clinical pharmacy specialist or another member of our care team to help with questions or assistance related to:

- Diabetes medications
- Insulin initiation and adjustment
- Insulin pump training and management
- Intensive insulin therapy