

Program	Location	Contact/Website	Referral	Description
Diabetes Programming				
Prediabetes	Kettering Health Network Locations	(937) 401-7588	N	Discuss ways to prevent diabetes thru risk reduction: Meal planning, label reading, portion control, dining out tips, etc.
Diabetes Self-Management	Kettering Health Network Locations	(937) 401-7588	Y	How to manage diabetes, glucose monitoring, sick-day guidelines, nutritional educated (food planning, counting carbs, etc.)
Advanced Carbohydrate Counting Class	Kettering Health Network Locations	(937) 401-7588	Y	Manage blood glucose using insulin to carb ratios, interpretation of blood glucose results, accurately count carb grams.
Intro to Pumping	Kettering Health Network Locations	(937) 401-7588	Y	For patients interested in using insulin pump. Benefits/responsibilities, assessment to determine individual's readiness.
Cooking Class	Kettering Health Network Locations	(937) 401-7588	Y	Dietitians demonstrate ways to incorporate healthy foods into recipes. Food prep/techniques discussed/demonstrated.
Exercise Class	Kettering Health Network Locations	(937) 401-7588	Y	Exercise physiologist teaches ways to move to help lower blood glucose. Increase desire to exercise by focusing on creative & enjoyable moments.
Nutrition Counseling	Kettering Health Network Locations	http://www.ketteringhealth.org/diabetes/nutritionedu.cfm	Y	Meet registered dietitian for highest level nutrition counseling. Provides guidance in food choices and individual meal planning.
YMCA's Diabetes Prevention Program	Various YMCA Sites	937-223-5201	N	Learn how to reduce risk for developing diabetes. One-year community-based program to enable adults to make important lifestyle changes. Ask about other YMCA programs related to chronic disease management/weight loss
Diabetes Self-Management Education, Project Power, and National Diabetes Prevention Programs	Public Health - Dayton & Montgomery County: Dr. Charles R. Drew Health Center 1323 West 3rd Street Dayton, OH 4540	(937) 225-4362 jboyd@phdmc.org	N	http://www.phdmc.org/health/community/diabetes

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Diabetes education	Bull Diabetes Center 400 Sugar Camp Circle, Suite 205, Oakwood, OH	937-395-3656	Y	For all ages, whether type 1 or Type 2 diabetes, gestational, or pre diabetes.
Diabetes Support Group	Joslin Diabetes Center at Southview Medical Center	937-401-7575	N	This group is designed to promote education & provide support for persons with diabetes, their families, and friends. A place for individuals to ask questions, obtain support, and learn information. Meetings are held the second Monday of each month from 5:30pm-6:30 pm

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Weight Programming				
Weight Management Program	1956 Whipp Road, Kettering Ohio	Call Kettering Weight Loss Solutions: 384-3883	Y	Medically supervised weight management program; self pay. HMR program; at least 20 lbs or more. Self pay based on level for nursing history. (evenings)
Nutrition Consultations	Kettering Sports Medicine Center	937-395-3924	N	Nutrition professionals offer individual nutrition consultations and food coaching
Weight Watchers	Various Locations	Dixie Drive: 937- 890-2025 Oak Creek Plaza: 937-435-1774	N	Support groups and guidance for weight loss
Kettering Health Network	Kettering Health Network Locations	937-298-4331 http://www.ketteringhealth.org/communityoutreach/pdf/supportgroups.pdf	N	Offers many support groups and classes, parenting groups, heart care classes, and other programs and services such as Nutrition Services and Telehealth. They also have health fairs and screenings. They can assist you with locating services in Kettering network

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Weight Programming				
Healthy U - Chronic Disease Self-Management Workshop	The Wellington of Dayton 2656 West Alex Bell Road Also offered at Various locations in Southwest Ohio	Elaine Hordes at 513-226-1585 http://www.help4seniors.org/about-coa/news-events/Events/	N	"Small group workshop that meets weekly for six weeks. This proven program helps you better manage long-term health problems. Get the support you need and find practical ways to achieve your goals." For adults or caregivers with any type of chronic health condition diabetes, HTN, heart disease, fibromyalgia, arthritis, sickle cell and others.
Psychology Today: Dayton Therapy Groups	Therapy Group Dependent	https://groups.psychologytoday.com/rms/state/OH/Dayton.html	N	There are many groups offered such as anger management, women's groups, eating disorder, body peace, parents of transgendered children, etc.

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Mental Health Programming				
Kettering Health Network Mental Health Services	Kettering Behavioral Medicine Center 5350 Lamme Rd Dayton, OH 45439	937-534-4600 http://www.ketteringhealth.org/mentalhealth/	N	Offers mental health programs for adults and adolescents, suicide prevention, and assessments for depression.
Mental Health Coalition	Therapy Group Dependent	http://www.mhcoalition.org/support-groups.html	Y/N	Website lists many different support groups. Search "Dayton" and you will find support groups in the Dayton area for ALS, Alzheimer's, Manic or Clinical Depression, post-partum depression, schizophrenia.
Mental Health/Wellness	Online or on the Phone	www.lifeworks.com 888-267-8126	N	Contact LifeWorks using username university and password dayton to receive referrals for counseling/mental health services or wellness coaching through LifeWorks.
Heartfulness Meditation	Learn to Meditate FREE program	www.heartfulness.org	N	Offers free Yoga and Heartfulness Meditations in the community 3153 Lantz Road, Beavercreek, OH 45432 937-427-0886