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Date: August 26, 2010
To: Local Media
From: Linda Bantell, Health Educator
Phone (860) 721-2824

Please publish the following information in the town news as often and as soon as possible. Thank you.

Health District to Offer Diabetes Education Course

The Central Connecticut Health District, serving the towns of Berlin, Newington, Rocky Hill, and Wethersfield, is pleased to offer a diabetes self-care course to residents of the health district. Funded by a grant from the Connecticut Department of Public Health, the course will run for six consecutive weeks. The course is **free** of charge.

“Diabetes: Taking Charge,” consists of six 2-hour classes that meet once a week. It will be held in Room 1 at the Berlin Community Center, 230 Kensington Rd., Berlin, on Mondays (excluding holidays) from 6:30 p.m. to 8:30 p.m. Classes start 9/13/10 and end 10/25/10. Participants will learn skills they need to know and practice to minimize their risk for diabetes-related complications. Topics include blood-glucose monitoring, exercise, nutrition, eye and foot care, and other self-care information.

Patricia O’Connell, a certified diabetes educator and registered dietitian, will be the instructor for the course. Adults who have been diagnosed with diabetes, parents of diabetic children, or significant others of people with diabetes are invited to enroll. **Pre-registration is required**, space is limited. Registrants should plan to attend all six sessions, as different material is covered each week. For further information or to register, contact the Health District at 721-2818.