

March 7, 2006

**NEWS RELEASE - DIABETIC CLASS OFFERED AT JOINT TOWNSHIP DISTRICT
MEMORIAL HOSPITAL**

Joint Township District Memorial Hospital will be offering a two-session diabetes information class, Living Well With Diabetes for persons with diabetes and their families. The programs will be held on March 13 and March 20 from 1:00 p.m. - 3:00 p.m., in conference room #1 at the Hospital.

The classes are designed to assist diabetics and their families to work with a health care team in learning how to manage their diabetes mellitus. Education is a necessary component in allowing the diabetic to be successful in managing the disease, reducing the risks of complications, and in living a long, healthy and happy life.

The first session, Monday, March 13, reviews the two types of diabetes, symptoms, and causes of this chronic disease. Daily management of diabetes through self-blood glucose monitoring will be discussed. The class will also discuss the role of nutrition and meal planning in management of diabetes.

The second session, Monday, March 20, 2005, will discuss the role of medications and exercise in management of diabetes and will cover the prevention of chronic complications associated with diabetes and the recommended examinations for early detection of diabetic complications involving heart, kidney, eye, and foot problems.

This diabetic information series is free. The diabetic is encouraged to bring a family member. Pre-registration is required by March 10, 2006 to ensure adequate course materials. To register contact Nyky Brewer, R.N. at 394-3335, ext. 2147.

FOR MORE INFORMATION CONTACT:

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