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Date: March 22, 2011
To: Local Media
From: Hilary Norcia, MPH, Community Health Coordinator

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 2** at the **Rocky Hill Community Center, 55 Church St , in Rocky Hill**. The class will be held **every Tuesday nights at 6:30 p.m. to 8:30 p.m. from April 12, 2011 through May 17, 2011**. 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.

Carole Demarest and Michele Roy, Certified Diabetes Educators and Registered Dietitians from the Joslin Diabetes Center, will be the instructors 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**, as 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 Central Connecticut Health District at 860-721-2818.