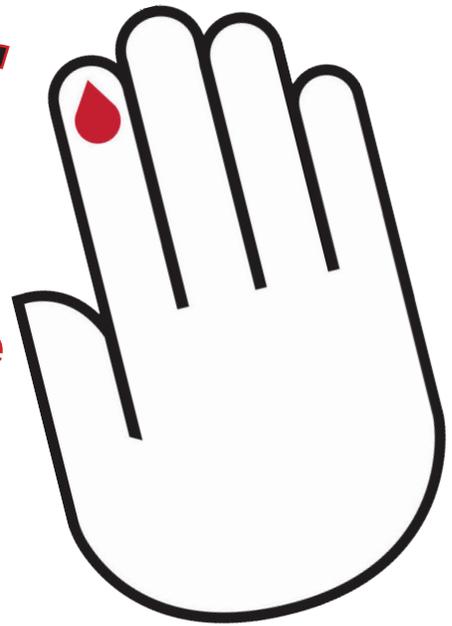


November

is American Diabetes Month
You are invited to celebrate

The Let's Get Healthy Program
Tsitewakari:tat



DIABETES

EXTRAVAGANZA

Thursday, November 20, 2014

12:00 p.m. to 8:00 p.m.

at the Diabetes Center for Excellence.

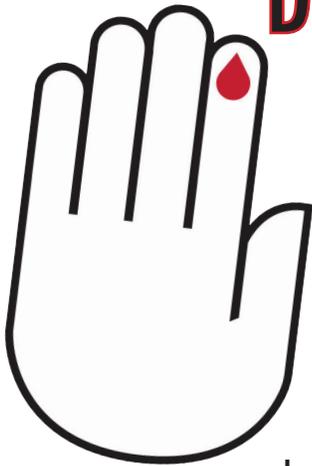
Educational booths, blood pressure & sugar screenings,
prizes, food and more



For more information
please call 518-358-9667



Diabetes Extravaganza



Welcome

12:30

Let's Get Healthy Program

Heather Garrow, Program Coordinator

1:30

Diabetes 101

Jessica Martin, PA Saint Regis Mohawk Health Services

2:30

Foot Care and Diabetes

Helen Lazore, LPN Saint Regis Mohawk Health Services Outreach

3:30

Welcome to Health Slate

Cherie Bisnett, RN Let's Get Healthy Program

4:30

Be Smart About Your Heart

Theresa Gardner, FNP Saint Regis Mohawk Health Services Outreach Director

6:00

Traditional Foods for Diabetes Prevention and Wellness

Dr. Jody Noé, M.S., N.D., Natural Family Health & Integrative Medicine

Information Tables:

Saint Regis Mohawk Health Services Pharmacy

Saint Regis Mohawk Health Services Outreach Department

Let's Get Healthy Program Registered Dietitian

Let's Get Healthy Program Nursing Staff - Blood Pressure & Blood Sugar Screening

Additional Events:

12:00 - Yoga

2:00 - Circuit Fitness Class

3:00 - Mind Body Relaxation Session, Foot Exams

4:00 - Heart Healthy Cooking Demonstration

5:00 - Fitness Demonstration

