

## **Diabetes Workshop Scheduled For Chillicothe**

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#### **News**

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The Livingston County Health Center is offering a free diabetes workshop the morning of November 16th at the health center in Chillicothe.



Certified diabetes educator and Registered Nurse, Anita Perry will describe diabetes, and talk about meal planning, home glucose monitoring, and avoiding long and short term complications from diabetes. The workshop is based on lifestyle changes which may be needed to improve or control diabetes.

The health center says differences in diet, exercise levels, stress, and other factors may affect blood sugar levels. It says changes in diet and exercise often can turn around Type 2 diabetes in its early stages.

The health center says the workshop also may be helpful to those who have been diagnosed as pre-diabetic or insulin resistant---and those who have a history of diabetes in their family.

The free diabetes workshop is the morning of Saturday, November 16th from 9 until Noon at the Livingston County Health Center at Chillicothe.

The health center also offers individual diabetes counseling by appointment at its office.