

## Diabetes health fair planned

Written by Holyoke Enterprise

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Special presentations at the 2009 Northeast Colorado Diabetes Health Fair October 24 in Yuma will be given at 9:00 a.m. and 10:30 a.m.

The 9:00 a.m. presentation on "Taking Control" will be given by an individual who has managed diabetes for many years. She will discuss key ways to develop a plan for self-management. The 10:30 presentation, "Telling My Story," features the speaker's life with childhood diabetes, commonly called Type I. This presentation is especially targeted for youth with diabetes and their families.

Besides these presentations, free health screenings will be available from 8 a.m. to 12 noon including blood glucose, blood pressure, dental, cholesterol and foot sensitivity. The A1C self-test for blood glucose will also be available for a small fee. If vaccine is available through the Northeast Health Department, flu shots will also be available for a fee.

Pharmaceutical companies as well as other vendors of diabetes supplies and resources will have information about their products. Agencies and organizations in Northeast Colorado will have educational resources. Colorado State University Extension staff will present "Meals On The Go" which includes samples.

Diabetes Health Fair hours are 8 a.m. to 12 noon. Spanish speaking translators will be available. Because of sponsorship from Sterling Regional Medical Center and Centennial Area Health Education Center, this event is free, and County Express will provide bus service to Yuma from the other counties in Northeast Colorado. Reserve a County Express seat by calling 970-867-6494.

For further information call the Yuma County Extension Office at 970-332-4151.