

NEWS RELEASE

FOR IMMEDIATE RELEASE

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RECOGNIZE SIGNS, SYMPTOMS OF DIABETES AT BOTHWELL PROGRAM

Seven million people have diabetes and don't know it, and another 79 million people are on their way to developing diabetes, according to the American Diabetes Association.

Find out if you're one of them at Bothwell's diabetes workshop to be held in Sedalia and Warsaw this month.

Bothwell Diabetes Educators Kathy Woolery and Angela Kammeyer will share information on recognizing the signs and symptoms of diabetes. They'll also discuss the skills and knowledge you need to maintain a healthy lifestyle and reduce the risk of long-term complications from diabetes. Meal planning, managing glucose levels and medications, and information on Bothwell's Diabetes Support Group are also on the agenda for the evening.

"Is Diabetes in Your Future?" will be held at 6:30 p.m., Nov. 19, in the Bothwell Education Center on the southeast corner of 14th and Ingram in Sedalia, and at 6:30 p.m., Nov. 21, at Bothwell Health Center-Truman Lake, 1765 Commercial Street in Warsaw.

Participants will also have the opportunity to ask questions and learn more about common concerns and options for living with diabetes.

Bothwell is sponsoring the program to provide the public with an opportunity to learn about health issues. Both events are free and open to the public.

For more information, call (660) 829-9138 or sfraley@brhc.org.

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Bothwell Regional Health Center is a 140-bed regional health center serving west-central Missouri with state-of-the-art technology and comprehensive health and wellness services including surgical, cancer, orthopedic, cardiovascular, women's health, and therapy services. For more information on its services, visit the Web site at brhc.org or follow us on Facebook.