



Cornell University
Cooperative Extension
Otsego County

NEWS RELEASE

Contact: Dianne Dirig
(607) 547-2536 x 224
dd225@cornell.edu

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Cornell Cooperative Extension Offers "Diabetes: Putting it Together" A Workshop for People at Risk for Diabetes

Diabetes is a major chronic health concern that affects one in three people. It is possible to delay or prevent diabetes with some healthy lifestyle changes and knowledge about carbohydrate counting.

Please join us at Cornell Cooperative Extension Education Center, 123 Lake St., Cooperstown on Monday, September 14, 2009 for a diabetes workshop that will help put the diabetes puzzle pieces together. We will meet from 11:30 until 1:00pm and share some light refreshments. Registration begins at 11:15am. Dottie Wehnau, Registered Dietitian, will present some key components of diabetes prevention: diabetes basics, risk awareness, diabetes prevention, meal planning and physical activity tips.

Space is limited and pre-registration is required by contacting CCE in Cooperstown at 547-2536 or e-mail otsego@cornell.edu.

This program is offered by Cornell Cooperative Extension of Otsego County and the Healthy Living Partnership of Fulton, Montgomery, Otsego and Schoharie Counties.

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The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

Cornell Cooperative Extension Otsego County provides equal program and employment opportunities.

Accommodations for persons with special needs may be requested by contacting Cornell Cooperative Extension Otsego County prior to the program.