

8th ANNUAL DIABETES HEALTH FAIR



November 1 • 3:30-5:30pm
UM Upper Chesapeake Medical Center
Chesapeake Conference Room

LEARN HOW TO THRIVE DESPITE DIABETES

The Diabetes Health Fair features:

- Educational breakout sessions
- Vendors from meter, pump and pharmaceutical companies
- Free literature, samples and DOOR PRIZES

Our HealthLink Community Outreach team will provide:

- Free health screenings (blood pressure and stroke risk assessments)
- Hemoglobin A1C screenings for \$10
- Flu vaccines for \$20 or \$40 for high-dose (free with Medicare Part B, must bring card)
- Cash or check only

Breakout Sessions:

- 3:45 pm - Diabetes and Your Feet
*Presented by Monica Cooney, DPM
Podiatric Medicine and Surgery*
Diabetes can cause nerve damage to feet and make even small cuts or injuries a big deal. Dr. Cooney will teach you how you can protect your feet and help keep them healthy.
- 4:25 pm - Healthy Holidays!
*Presented by registered dietitian
Jackie Redmiles, RD, CDE*
UM Center for Diabetes and Endocrinology
Tips for healthy, happy (and still delicious!) holiday meals with recipe tastings included.



Presented by educators from the UM Center for Diabetes and Endocrinology at UCMC

Center for Diabetes and Endocrinology
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