



## Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

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### Media Release

For Immediate Release

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### **Unwrapping the Mystery of Diabetes**

**Correction: October 31, 2016~Watertown, NY**—The Diabetes Coalition of Jefferson County is excited to bring to the community an evening of education on the prevention and treatment of diabetes. On **WEDNESDAY**, November 2nd, 4:30-7pm at the Public Health Facility, 531 Meade Street, Watertown, there will be 16 different agencies and businesses who provide service and products for treating those with diabetes and for those interested in preventing diabetes. This is also a great educational opportunity for spouses and other family members as well.

The event is sponsored by Carthage Area Hospital and United Healthcare Medicare and Retirement. There will be free healthy food which includes veggies, fruits, sandwiches, chowder, and potato skins.

The event is free. Informative speakers include MaryLou Barrett (NovoNordisk), Dr. David Ewing-Chow, Dr. Matthew Weinstein, and Dr. Andrew Majak. Also, Maureen Larkins, Cornell Cooperative Extension, will also do a food demonstration where the first 50 people will receive a bag of the ingredients to take home.

“In Jefferson County over 11% of adults have been diagnosed with diabetes”, Ginger Hall, Director of Public Health explains. “Many more of us have pre-diabetes and even more of us have risk factors to develop diabetes in our lifetime. This makes this event for almost everyone!”

In addition to the above vendors, the following are also anticipated to attend: Samaritan Medical Center-Healthy Lifestyles, Samaritan Wound Center, Carthage Area Hospital, Bolton’s Pharmacy, Price Chopper, WellCoaches, Feed the Soul Nutrition, Jefferson County Office for the Aging, Community Action Planning Council, North Country Prenatal Perinatal Council, United Healthcare and the Jefferson County Public Health Service.



No need to pre-register. For more information, go to [Facebook.com/JCPSH](https://www.facebook.com/JCPSH)

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