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NEWS RELEASE

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(For immediate release)

FAIRFIELD MEDICAL CENTER 2008 DIABETES SUPPORT GROUP

LANCASTER, Ohio (December 13, 2007) –The Fairfield Medical Center Diabetes Support Group will be meeting at different dates and locations for the year 2008. First of all, all meetings will be changed to the fourth Monday of every month. The time will still be from 6:00 –7:00 pm. There is a focus this year on spreading awareness that this is for Diabetics of all ages, it doesn't matter if you are Type 1, Type 2, borderline of becoming a Diabetic, or maybe you have a family member/friend who is a Diabetic. Support groups will be held in the Fairfield Medical Center Assembly Room 1 every month. Please note that in April & November of 2008 the support group will be held in Classroom C. All other support group sessions will be held in Assembly Room 1 with the exception of the month of March, which will be held in Assembly room 5.

The subjects for these educational and fun classes are as follows:

- January-What's in Lancaster?-Exercise resources in the community
- February-Meters & Testing & Lab work, OH, My!!!
- March-What's this pill for? Medications and how they work
- April-S.O.S. Local resources every diabetic should know
- May-Look at your feet! Wound care and foot wear
- June-Head, shoulders, knees & toes-Staying motivated to exercise
- July-Follow the yellow brick road-Avoiding complications
- August-POTLUCK!!! Diabetic cooking
- September-It's a wonderful life-Carbohydrate counting, label reading & weight management
- October-Boo hoo-You have the flu-Managing sick days
- November-Naughty or Nice-Managing blood sugar control during the holidays
- December-Ho, Ho, Ho-Healthy eating during the holidays

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