



For Immediate Release

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Take Control: How to Sidestep Diabetes

According to the American Diabetes Association, over 79 million people are reported as pre-diabetic in the United States. This is when a person's blood glucose levels are higher than normal but not high enough to be diagnosed with type 2 diabetes. People with pre-diabetes are more likely to develop type 2 diabetes, and may have some diabetes-related problems already.

Fortunately, there's so much you can do to delay or prevent the development of diabetes. The New Richmond Clinic and Westfields Hospital are partnering to offer free classes taught by certified diabetes educators, which will teach you how to take charge, make smart choices and stay healthy.

- Carbs count – How to balance your diet
- Fitness focus – The importance of exercise
- Bedtime story – Why sleep matters
- Under pressure – How stress affects blood sugar levels
- Drug-free zone – How a healthy lifestyle can help you avoid medication
- Fat facts – What you need to know about cholesterol

The next available class is May 2 from 4:00 to 5:30 PM in the New Richmond Clinic Conference Room. Additional classes are offered on the following Thursdays: June 6, July 11, and August 1. Classes are taught by registered dietitian, Linda Stefonek MS, RD, CDE and diabetic educator Sue Kurtz, RN, MS, CDE. Class size is limited. Please call 715-243-6972 to register for this event.