

FOR IMMEDIATE RELEASE

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New Year Brings New Program Offerings from SMH's Nutrition Services

PLYMOUTH, N.H. --- Speare Memorial Hospital's Nutrition Services Department kicks off the new year offering the community two new educational programs: *Living Well with Diabetes* and *Eating For Real*.

Living Well with Diabetes

Beginning Thursday, January 6, *Living Well with Diabetes* is a free monthly meeting scheduled from 9 – 10 a.m. on the first Thursday of every month. Offered to community members affected by diabetes, the meetings will be held in the Cafeteria Annex located on the first floor of the hospital to provide information sharing and strategies for living with the disease. Upcoming topics will include setting and sticking to health goals; getting the most benefit from your glucose meter; and knowing the pros and cons of weight loss surgery. No registration is necessary. Contact Diabetes Educator Jean Baker at (603) 238-6472 for more information.

Eating for Real

How many different diet plans have you tried? They may work in the short-term, but most are ineffective in resulting in significant life changing habits that support a healthy lifestyle over the long-term. Welcome to *Eating for Real*. This five-week series of classes will focus on how to make positive and lasting changes in your eating and lifestyle habits. Learn how important it is to “know your numbers” including blood pressure, blood glucose (sugar), cholesterol and weight. Get the tools you need to work toward weight loss and healthful eating goals.

Classes will be held in the Community Room located on the first floor of Speare Memorial at Boulder Point. Class times are Wednesdays from 5 – 6 p.m., January 19 through February 16. The cost is \$50 for the five week series and includes a free cholesterol and blood glucose screening. The program may be reimbursed by your insurance plan. To register, or for more information, please call Jean Baker at (603) 238-6472.

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at www.spearehospital.com and join us on Facebook.

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