

FOR IMMEDIATE RELEASE

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SMH Schedules Diabetes Education Classes

PLYMOUTH, N.H. — Speare Memorial Hospital’s Diabetes Education Clinic has scheduled three sessions of *Living Well with Diabetes—It’s All About Balance*. Each four-week series of classes has been developed to help patients with diabetes better understand the disease and learn the skill needed to reach personal health goals.

- Session 1: Tuesdays, November 9, 16, 23, 30 from 3 – 5 p.m.
- Session 2: Tuesdays, December 7, 14, 21, 28 from 9 – 11 a.m.
- Session 3: Tuesdays, January 4, 11, 18, 25 from 3 – 5 p.m.

Instructors include Dietitian Jean Baker, MS, RD, Pharmacist Crystal Cascadden, RPH, Dietitian Janette Gaumer, RD, and Clinical Exercise Physiologist Craig Johnson, CES. They will be discussing how the foods you eat affect your blood sugar; the tools available to help plan meals, monitor blood sugar, and reduce your risk of diabetes-related health problems; how different medications work together to manage diabetes; and why physical activity is so important.

Classes for each session will be held in the Cafeteria Annex located on the first floor of Speare Hospital. A referral from your healthcare provider is required, and the cost of the program is covered by Medicare and most other insurance carriers. For more information or to register for classes please call the Diabetes Education office 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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