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Speare Memorial Hospital
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Health Living Focus of SMH's Third Annual Diabetes Fair

PLYMOUTH, N.H. --- According to a recent story by the Associated Press, the number of cases of diabetes has almost doubled in the last 10 years, from five per 1,000 to nine per 1,000. Approximately 90 percent of these cases are Type 2, the form linked to obesity. Healthy Living with Diabetes is the focus of Speare Memorial Hospital's third annual diabetes fair, Monday, November 17 from 4:30 – 7:30 p.m. in the hospital Cafeteria.

Back by popular demand and hosted by SMH's Diabetes Support Group, the diabetes fair is free and all are welcome. "We've received such good feedback on the fair the last couple of years," notes SMH's Certified Diabetes Educator Marie Veselsky. "The fair is really meeting a community need, so we decided to it again this year at the hospital, with plans to possibly expand the event in 2009."

The fair will offer information on living with diabetes, including available diabetes education classes, meal plans, exercise, support from other diabetics and diabetic supplies. Refreshments and door prizes will also be provided. For more information contact Marie Veselsky at 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

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