

## HURON PERTH HEALTHCARE ALLIANCE

FOR IMMEDIATE RELEASE

March 3, 2017



### **A Basket Full of Diabetes Care! 23<sup>rd</sup> Annual Huron Perth Diabetes Day**

On Tuesday, April 25<sup>th</sup> those living with diabetes and their caregivers are invited to attend the 23<sup>rd</sup> Annual Huron Perth Diabetes Day presented by the Huron Perth Diabetes Education Program.

This year's event takes place at the Mitchell Arena and Community Centre and will feature the following guest speakers:

- Amanda Mulder, "Healthy Snacks". Amanda is an In-Store Dietitian at Zehrs Stratford and Listowel. She received her Bachelor of Applied Science in Human Nutrition from the University of Guelph.
- Tom Small, "Thriving". Tom is a Social Worker with the Huron Perth Healthcare Alliance and has a background in Family Counseling and Palliative Care.
- Karen Hartman, "Celebrate Canada's 150 Challenge". Karen is a Community Support Service Supervisor for One Care Home & Community Support Services and is a certified Fitness Instructor.
- Betty Harvey, "Have Your Cake and Eat it Too – Part 2!" Betty is a Clinical Nurse Specialist / Nurse Practitioner with the Primary Care Diabetes Support Program at St. Joseph's Health Care in London.

"The Huron Perth Diabetes Education Team is looking forward to providing participants with a day full of education and support," says Emily Mills, Registered Dietitian and Certified Diabetes Educator. "Our guest speakers and vendors will provide up to date information on what's new in diabetes care and the event itself provides participants the opportunity to come together to share their experiences."

Lunch will be served and local vendors and blood glucose meter representatives will be on hand for demonstrations.

This year's event starts at 9:30 am and wraps up at 3:00 pm.

To register for this event, please visit either the Huron Perth Healthcare Alliance's website at [www.hpha.ca](http://www.hpha.ca), the Huron Perth Diabetes Education Program's website at [www.huronperthdiabetes.com](http://www.huronperthdiabetes.com) or call 519-272-8210 extension 2365 by April 18<sup>th</sup>. There is a registration fee of \$20.00 (includes lunch).

**Event Details – 23<sup>rd</sup> Annual Huron Perth Diabetes Day Presented by the Huron Perth Diabetes Education Program**

Date: Tuesday, April 25, 2017

Location: Mitchell Arena & Community Centre, 185 Wellington St., Mitchell

Time: 9:30 am to 3:00 pm

Cost: \$20 (includes lunch)

Register by April 18<sup>th</sup> by calling 519-272-8210 Extension 2365 or by visiting [www.hpha.ca](http://www.hpha.ca) or [www.huronperthdiabetes.com](http://www.huronperthdiabetes.com)

Registrations received after April 18<sup>th</sup> will be charged an additional \$5.00.

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**For more information please contact:**

Emily Mills

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[www.huronperthdiabetes.com](http://www.huronperthdiabetes.com)