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### **FOR IMMEDIATE RELEASE**

## **SARPY/CASS DEPARTMENT OF HEALTH & WELLNESS SPONSORS COMMUNITY DIABETES WORKSHOP**

The Sarpy/Cass Department of Health & Wellness, in partnership with Alegent Creighton Health and Diabetic Outreach of Lincoln, will sponsor a free diabetes workshop on Wednesday, August 21 from 9 – 11 a.m. at Midlands Hospital, 11111 South 84<sup>th</sup> Street in Papillion. Individuals with diabetes, family members or care providers of diabetics, individuals at risk for diabetes, and individuals wanting to learn more about reducing health risks associated with diabetes are welcome to attend.

Participants will experience a one-hour interactive diabetes presentation with an Alegent Creighton Health Diabetes Educator, followed by foot health evaluations with a Certified Pedorthist from Diabetic Outreach of Lincoln. During this workshop, participants will discover: How diabetes impacts overall health, including health of the eyes, gums, heart and feet. Healthy behaviors that can greatly reduce the risk of health complications from diabetes. Available resources to help individuals better manage their diabetes and lead a healthier life.

“The goal of this event is to increase awareness of diabetes-related health conditions and to connect diabetic seniors with community resources to help better manage their health. This workshop is offered as part of our Senior CARE (Community, Advocacy, Resources and Education) Program which connects seniors and caregivers with community resources, provides health education, and ensures supportive needs are met for seniors in Sarpy and Cass counties,” commented Nicole Evans, Community Health Educator.

Participants may attend the diabetes talk from 9 – 10 a.m. or may attend both the diabetes talk and foot evaluation from 9 – 11 a.m. There is no fee to attend this program, but space is limited. Pre-registration is required. Call 402-339-4334 ext. 209 or email [nevans@sarpy.com](mailto:nevans@sarpy.com) by August 19 to register. For more information on the Senior CARE Program or upcoming events, please visit [www.sarpycasshealthdepartment.org/Seniors](http://www.sarpycasshealthdepartment.org/Seniors).

The Sarpy/Cass Department of Health & Wellness strives to improve the lives of citizens living in Sarpy and Cass counties by promoting the health of our community through disease prevention, partnerships, policy development and health education.

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