

News Release

FOR IMMEDIATE RELEASE ONLY:

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FOR MORE INFORMATION:

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MGH&FC's NEXT "LIVING WELL WITH DIABETES" CLASS SET FOR SEPTEMBER

SHELTON, Wash. – Diabetes doesn't just affect the person with the condition – it also affects those close to them. With that in mind, Mason General Hospital & Family of Clinics encourages a family member or friend to attend, along with their loved one who has diabetes, the next "**Living Well with Diabetes**" two- day morning class on Tuesday and Wednesday, September 15 and 16, 2015 in the Pershing Meeting Room at Mason General Hospital from 9 a.m. – 1 p.m. The assistance of loved ones is essential in learning to effectively self-manage the condition and keep it under control for normal, healthy living.

MGH&FC's team of highly-trained health care professionals teaches the class, covering all aspects of diabetes – from its diagnosis, to managing medications, proper meal planning, exercise, prevention and treatment of complications, stress management, living well, and engaging support people and a health care team. By helping people understand their diabetes and giving them the tools for self-management, it can be kept well under control to prevent complications.

Due to limited space, advance registration for the class is required, by calling **Sue Barwick, R.N.**, certified diabetes educator, at (360) 426-1611, ext. 28940 (from Allyn (360) 275-8614, ext. 28940). *Diabetes education is a covered service under most insurance plans.*

MGH&FC is approved by the Joint Commission, and is a licensed and accredited acute care hospital with a level four emergency trauma designation. There are more than 100 physicians on staff in 19 specialties. For more information go to www.MasonGeneral.com.