

# Diabetes: Now It's Personal

## Annapolis Area Library

### Saturday, Sept. 13, 2003

### 1-3 P.M.



The Anne Arundel County Public Library system is hosting a free seminar on Saturday, September 13 from 1 to 3 P.M. at the Annapolis Area Library, to offer information about diabetes prevention and lifestyle choices.

Diabetes is currently being diagnosed at an alarming rate, with members of the African American community being hit especially hard. Recent statistics show that approximately 13 of every 100 African Americans will suffer from diabetes in their lifetimes, with the elderly and poor of this population especially at risk. Many of these cases may be prevented or the resulting health effects delayed or avoided with some simple lifetime choices, including exercise, eating right and seeing a doctor.

The presentation will include:

- Information about diabetes by Maureen Shackelford, C.D.E., R.D.L.D. with the AAMC Diabetes Center.
- Nutrition and cooking demonstration by Ruth Kershner, R.D.L.D. from the Anne Arundel County Health Department.
- Exercise Demonstration by Chekesha Catlin, Anne Arundel County Medical Center.
- Library Resources by Ruby Jaby, Crofton Library Branch Manager.

Participants will receive recipes, literature and other giveaways.

***This event is free and open to the public, however, registration is required. The Annapolis Area Library is located at 1410 West Street in Annapolis. To register, call the library at 410-222-1750 or Library Headquarters at 410-222-7371 by September 5.***

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Anne Arundel County  
Public Library  
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