

## RESOURCES

**Anne Arundel Medical Center Diabetes Center** 443-481-5380  
[www.aa-healthsystem.org](http://www.aa-healthsystem.org)

Call for information about diabetes counseling, education and support groups.

**Anne Arundel County Health Department** 410-222-7010  
[www.aahealth.org](http://www.aahealth.org)

Click on "Learn to Live" for healthy living and eating information.

**Anne Arundel County Public Library** 410-222-1750  
[www.aacpl.net](http://www.aacpl.net)

Visit the library's web site. Look up titles in the library's catalog. Select "Electronic Databases" category and the "Health & Wellness Resource Center" database for current health articles and information. Choose "Recommended Sites" for special Health and Diabetes web sites evaluated by staff.

**North Arundel Hospital Joslin Diabetes Center** 410-787-4940  
[www.northarundel.org](http://www.northarundel.org)

Call for information about diabetes counseling, education and support groups.

**R.E.S.P.E.C.T. Foundation** 410-571-0467  
African-American advocacy group currently focused on health issues in the local African-American community.

### With Special Thanks to:

Anne Arundel County Health Department  
Anne Arundel Medical Center Diabetes Center  
Anne Arundel Medical Center Community Health and Wellness  
American Association for the Advancement of Science  
R.E.S.P.E.C.T.  
Whole Foods Market

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## Anne Arundel County Public Library

Presents

# Diabetes - Now It's Personal

Saturday, September 13, 2003



### AGENDA

Welcome/Introduction	Ruby Jaby, Crofton Branch Manager
Diabetes - What it is/ Management and Prevention	Maureen Shackelford A.A. County Health Dept.
Diet and Nutrition	Ruth Kershner A.A. County Health Dept.
Exercise	Chekesha Catlin A.A.M.C. Community Health and Wellness
Library Resources	Ruby Jaby
Evaluation and Prize Drawings	

### RECEPTION

Please join us for light, diabetes-friendly refreshments and  
an opportunity to speak with some of our presenters.

 **Anne Arundel County Public Library**  
[www.aacpl.net](http://www.aacpl.net)