



DIABETES

Wednesday, August 20, 2003
Civic Center Farmer's Market

10:00 a.m.

Welcome

Susan Hildreth
City Librarian, SF Public Library

Massage & Techniques

Jeffrey MacMullen
California Certified Therapeutic Bodyworker

Type 2 Diabetes Support

Tress Stewart
Public Health Nurse, Southeast Health Center,
Chair, African American Outreach Committee

11:00 a.m.

Diet Principles & Classes

Holley Wysong
Certified Diabetes Educator, Dietitian,
California Pacific Medical Center

Gestational Diabetes

Maribeth Inturrisi
RN, Coordinator, Sweet Success/Region I
California Diabetes & Pregnancy Program

Being Diagnosed: Type 1 Diabetes

Adam Eichorn
Volunteer, Juvenile Diabetes Research Foundation

12:00 noon

Exercises for Those with Diabetes

Jennifer Beaton
Certified Personal Trainer, Physical Wellness Coordinator,
Native American Health Center

Native American Diabetes Prevention

Katy Kinninger
Registered Dietitian, Native American Health Center

Benefits of Fruits & Vegetables

Laura Brainin-Rodriguez
Registered Dietitian, Coordinator, Feeling Good Project
SF Department of Public Health

Meal Planning & Portion Control

Greta Cheng
Registered Dietitian, Certified Dietitian Educator,
SF General Hospital

1:00 p.m.

Overview of Diabetes, Signs & Symptoms

Amalia Fyles
RN, Certified Diabetes Educator, SF General Hospital

Diabetic Nutrition

Carol Friedman
Registered Dietitian, SF General Hospital

High Risk for Feet

Dr. M. Clinton Thornton
Podiatrist, UCSF, SF General Hospital

Diabetes Maintenance & Summary

Kit Chan
RN, Chinatown Public Health Center

Speakers may be subject to change. This program is in English only. All programs at the Library are free.