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### **(Neb.)-Diabetes Classes To Be Held In Area**

By: Chris Fankhauser Posted at: 11/19/2012 08:23 AM

(Chadron)-Diabetes is a growing and serious health problem, but research shows that diabetics who keep their blood sugar close to normal reduce the risk of serious health problems such as blindness, kidney failure and amputations. University of Nebraska–Lincoln Extension will provide a free diabetes education program for diabetics and their families the last week of November.

Take the Mystery out of Winter Diabetes Management will be offered at four locations in the Northern Panhandle: November 27, 5:30-7:30 pm at the Crawford Schools Distance Learning Lab; November 28, 12:30-3:00 pm at UNL Extension, 105 Loofborrow, in Rushville; November 28, 5:30-7:30 pm at UNL Extension, 250 Main in Chadron; and November 29, 5:30-7:30 pm at Sioux County Courthouse in Harrison

Those attending need to register by Monday, November 26 by calling a local Extension Office to ensure adequate availability of handouts. For Crawford & Chadron, that number is 432-3373. Those in Rushville should call 327-2312. People in Harrison can register by calling 668-2428. Topics to be addressed include: The Mysteries of Monitoring, Beating the Winter Blues, Diabetes Meal Planning Made Easy, and a question and answer period.

Participants will receive recipes for diabetic appropriate foods and a food sample. The program will be taught by Certified Diabetes Educator Stacie Petersen R.N., B.S.N. and Deborah Willcox, R.D., L.M.N.T. of Franciscan Care Services in West Point; and Debra Schroeder, Extension Educator in Cuming County. Control Diabetes for Life sessions are designed to supplement the education received from a local diabetes education team and are not a substitute for diabetes classes through local health care providers. School Food Service staff may earn two hours of continuing education credit for attending this session.

(Story courtesy of Jamie Goffena)