



Por Tu Familia 2009 Conferencia Educativa **Diabetes: Prevención, Riesgos y Tratamientos**

(For Your Family 2009 Educational Conference - Diabetes: Prevention, Risks and Treatment)

FACT SHEET

Who:

- The American Diabetes Association, South Central Division, San Antonio, Texas
- Ruth Medellin and Marty Gonzalez – Co-Chairs
- Elvira Cisneros and Rosemary Kowalski – Honorary Chairs

What:

The American Diabetes Association will host a *Conferencia Educativa de Diabetes* (Diabetes Educational Conference), a component of the **Por Tu Familia** outreach effort. The conference will feature interactive bilingual seminars designed to teach concrete, culturally-appropriate healthy lifestyle choices. Education will focus on the health dangers associated with diabetes. Topics include diabetes overview, nutrition, physical activity, and diabetic nerve damage.

Why:

Diabetes prevalence in the Hispanic/Latino Community is near epidemic proportions. Hispanic/Latinos are 1.7 times more likely to develop diabetes than non-Latino whites. Diabetes, if left untreated, can lead to stroke, heart disease, blindness and amputations.

When:

Saturday, November 14, 2009
8:00 am to 1:30 pm

Where:

South Park Mall
(inside old Mervyn's store)
2310 S.W. Military Dr., San Antonio, Texas

Fee:

Completely FREE and Open to the Public – *above 18 years old.*

Primary

Audience: Hispanics with diabetes and at risk for diabetes, and their caregivers.

Event

Summary: The day's activities will include a key note presentation, interactive bilingual educational workshops presented by physicians, nurses, and diabetes educators. Services will include: health screenings, health information and resources, educational materials, exercise/dance activities and demonstrations, refreshments, giveaways, and prizes.