

**NEWS RELEASE**  
FOR IMMEDIATE RELEASE  
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## **Health Department, Bert Nash team up to help residents manage their diabetes and avoid complications**

**(Lawrence, KS)** – The Lawrence-Douglas County Health Department and Bert Nash Community Mental Health Center are offering a new six-week course “Take Control of Your Diabetes” to help individuals who have diabetes learn ways to better manage their disease and improve their quality of life.

In 2011, more than 4,000 Douglas County residents reported having diabetes, a disease in which blood sugar levels are above normal. Diabetes can cause serious health complications including heart disease, blindness, kidney failure and lower extremity amputations. Diabetes is the seventh-leading cause of death in the United States.

“Take Control of Your Diabetes” will provide individuals with the evidence-based knowledge and skills they need to control and manage diabetes. The course will be from 2:30 p.m. to 5 p.m. Thursdays, Jan. 29 through March 5, at Bert Nash Community Mental Health Center, 200 Maine St. There is no cost for the course, which will cover:

- Techniques to deal with symptoms such as fatigue, pain and depression
- Exercises for strength and endurance
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers

“Diabetes can be a debilitating disease, so we are excited to be partnering with Bert Nash to offer this course,” said Community Health Director Chris Tilden, of the Health Department. “This is a nationally-recognized course that provides people with important tools that can help them manage diabetes and live a healthier, happier life.”

To register, stop by the Health Connections office at Bert Nash or contact Alisha Christian, registered nurse, at 785-830-1854 or [achristian@bertnash.org](mailto:achristian@bertnash.org).

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