



HALE MAKUA HEALTH SERVICES

COMPASSION COMMITMENT COMMUNITY

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FOR IMMEDIATE RELEASE

Free Eating a Healthy Diet for Diabetics Presentation at Roselani Place

KAHULUI, Hawaii March 15, 2010 – The public is invited to learn more about healthy diets for diabetics on March 24th at 3:00 p.m. at Roselani Place. Saundra Gaskey, BS, RD, NHA will be sharing some wonderful suggestions and tips to help everyone lead a healthy lifestyle. Saundra is the Director of Nutrition Services for Hale Makua Health Services and the Dietitian Consultant for Roselani Place. She has over 17 years of experiences as a Registered Dietician and has been doing diabetes education for 15 years.

Snacks play a very important role in the daily life of a person with diabetes, particularly those with type 1 diabetes and insulin-requiring type 2 diabetes. For these people between-meal and bedtime snacks are essential to keep blood glucose levels as close to normal as possible and to help prevent low blood sugar (hypoglycemia). Ms. Gaskey's presentation will include an overview of diabetes, discuss the important food issues that all diabetics should know, take a look at some myths regarding "forbidden" food, highlight some good snacks for diabetics, and will provide a sample of a tasty treat.

Please contact Roselani Place to reserve your seat at this free presentation. You can call 871.7720 or email diane@roselaniplace.com. Roselani Place is located at 88 South Papa Avenue, Kahului.

Hale Makua Health Services is a private, non-profit 501(c)3 corporation that was established in 1946. The organization is committed to the mission of excellence in healthcare in our home and yours. Hale Makua Health Services is one of Maui's largest non-government employers with over 500 employees serving four home- and community-based healthcare programs. Programs include: Hale Makua Long-Term Care with two campuses, one in Wailuku caring for 124 residents and the other in Kahului providing homes for up to 254 people; Home Health by Hale Makua, which provides post-acute care and social work services to homebound clients of all ages and adult foster family care management; Rehab by Hale Makua; and Maui PACE - Hawaii's only Program of All-inclusive Care for the Elderly. Visit us online at www.HaleMakua.org.

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