

NEWS RELEASE

For Immediate Release

Contact: Danielle Marie Flores
Marketing Director
830-769-5276



**SOUTH TEXAS REGIONAL
MEDICAL CENTER**

FREE LOCAL DIABETIC EDUCATION

Pleasanton, TX— South Texas Regional Medical Center's Healthy Woman program recently hosted their April health seminar focused on life of a diabetic. Starting the evening were free glucose screenings provided by South Texas Home Health's Katy Gonzales, R.N., and Sophie Ramirez, L.V.N. After the health screenings, guests were encouraged to participate in a food challenge to gauge their knowledge on portion control.

The health presentation included a series of health professionals from our local community. Each speaker educated the Healthy Woman audience on the area of their expertise ranging from meal planning, portion control, exercise, and vision and wound care. The presentation was a great tool for both diabetics and their caregivers to help improve the quality of life for anyone suffering from the illness.

Healthy Woman program coordinators wish to thank the guest speakers for their participation. Speakers (shown in photograph to the right) include: Dr. Stephen Planchet of Atascosa Vision Source; Tami Fair, STR Physical Therapist; Christy Foster, R.N. for STR's Wound Care Services; and Jacqueline Reyes, STR Director of Food and Nutrition/ Certified Dietitian and Diabetes Educator.



The Healthy Woman program is a free event made possible by South Texas Regional Medical Center and the 2010 Healthy Woman Platinum Sponsors: Alejandra Moreno, M.D., Pediatrician • Cosmic Creations • Nest Feathers • Pleasanton Express • South Texas Sleep Diagnostics.



Tami Fair, STR Physical Therapist; leads the audience in some exercise routines as examples of physical activity to incorporate into their daily lives.