

# PRESS RELEASE

**J.C. Blair Memorial Hospital**  
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## FOR IMMEDIATE RELEASE

**Huntingdon, PA 1/17/08** – J.C. Blair Memorial Hospital has announced its 2008 schedule of free diabetes self management classes. The first class of 2008 includes five morning sessions that begin January 29. One class is held every week for five weeks from 9:00 to 11:30 a.m. in the J.C. Blair Education Center across the parking lot from the Hospital. A series of evening classes will begin in April. The classes are free but pre-registration is required.

The diabetes self-management classes are designed for diabetic patients and their families to learn about diabetic control, prevention, detection, and treatment of diabetes complications. Attendees will be empowered to take responsibility for their own treatment regimens. There is still time to enroll in the first session; however, space is limited. Call (814) 643-8839 to register today and ask for a free brochure.

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