



**Marion County  
Board of County Commissioners**

Office of Public Information

601 SE 25th Ave.  
Ocala, FL 34471  
Phone: 352-438-2300  
Fax: 352-438-2309

Contact: Nancy Gal, Extension Agent IV, UF/IFAS Marion County Extension Service  
Office: 352-671-8400 ▪ Email: [nancy.gal@marioncountyfl.org](mailto:nancy.gal@marioncountyfl.org)  
Today's Date: Dec. 7, 2011

**UF/IFAS MARION COUNTY EXTENSION SERVICE CAN HELP YOU  
“TAKE CHARGE OF YOUR DIABETES”**

Immediate Release

- WHO:** UF/IFAS Marion County Extension Service
- WHAT:** Take Charge of Your Diabetes program
- WHEN:** 9:30 – 11:30 a.m. ▪ Jan. 18 and 26; Feb. 2, 9, 16 and 23; March 1, 8 and 15; April 12; May 17  
Register by Jan. 12, 2012
- WHERE:** Marion County Extension Service (2232 NE Jacksonville Road, Ocala)
- WHY:** If you are part of the nearly 9.5 percent of Marion County's adult population that, according to the Centers for Disease Control and Prevention, has diabetes, don't ignore it – take charge! The best way for people with diabetes to maintain a high quality of life is to learn about the disease and develop a healthy living plan. UF/IFAS Marion County Extension Service staff and local health professionals are ready to help you by offering the 10-class series, “Take Charge of Your Diabetes.” Participants will learn about everything from the Glycemic Index and medication to carbohydrate counting and foot care.

The class will give participants the understanding and knowledge to actively control their diabetes and maintain a quality, healthy lifestyle. The \$45 fee covers the 10 class sessions and health screening for each participant; one support person per registrant may attend for free. Participants must register by Jan. 12 by calling 352-671-8400.

###

*“Meeting Needs by Exceeding Expectations”*