



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Guest speaker to promote Diabetes Ambassador Program

FOR IMMEDIATE RELEASE

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LaMont Pack, P.A., M.P.A., of the Alabama Diabetes Program of the Alabama Department of Public Health will be the guest speaker at the June 27 meeting of the Tuskegee Area Diabetes Support Group.

Pack will discuss the Diabetes Ambassador Program which was recently launched at Resurrection Catholic School in Montgomery in partnership with the Health Department. Pack will be encouraging the development of a program in Tuskegee schools that will involve youth, parents, faculty and ancillary staff in advancing healthful lifestyles that will lead to the prevention of diabetes.

In the Diabetes Ambassador Program, students in kindergarten through grade 12 are encouraged to promote practices such as proper nutrition and physical activity, drinking plenty of water, eating lots of fruits and vegetables, avoiding unhealthy snacks and foods, and creating a fitness journal, "Walk Alabama" log. They will learn the signs of pre-diabetes and will be trained to use pedometers with ease. Ambassadors will share this important information in their schools and community.

The meeting will be held at noon at Greenwood Missionary Baptist Church, 1510 Washington Ave., Tuskegee. For more information, please contact Lilly B. Hall, R.N., B.S.N., at (334) 727-1599.

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