

PEOPLE

MARCH 14-20, 2012 B3

AA Chamber sponsors diabetes seminar



THE BUSINESS INSTITUTE OF THE AFRICAN AMERICAN CHAMBER OF COMMERCE OF WESTERN PENNSYLVANIA hosted "DIABETES: The Silent Killer Self Management of a Chronic Disease 'Optimum Fitness & Eye Care'" at the Hill House Association. Dr. Jerome R. Gloster, of the North Side Christian Health Center, discussed the benefits of diabetics having regular eye examinations and an ophthalmologist's use of the Fundus Eye Machine. Heather Worthy, a certified personal trainer and group exercise instructor, demonstrated exercises to help one reach optimum fitness. Pictured above are top from left: Floyd Cephas introduces the first keynote speaker; Doris Carson Williams, president and CEO of the Chamber does the welcoming and closing remarks; Dr. Jerome R. Gloster, gives keynote on eye care with diabetes; Keynote speaker Heather Worthy, author and owner of Worthy Fitness; Otis Story, emcee; Heather Worthy at book signing. (Photos by Rossano P. Stewart)