

AFRICAN AMERICAN CHAMBER OF COMMERCE OF WESTERN PENNSYLVANIA

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Request for Coverage

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African American Chamber of Commerce
Diabetes Workshop will Feature Dr. Jerome R. Gloster, Medical Director,
North Side Christian Health Center, &
Fitness Expert and Author Heather Worthy, M.Ed.

(Pittsburgh, PA – February 13, 2012) The African American Chamber of Commerce of Western Pennsylvania is set to hold the next in a series of diabetes workshops on February 21st at the newly renovated Hillman Auditorium in the Kaufmann Center of the Hill House Association. The Workshop will feature a discussion on eye care lead by Dr. Jerome R. Gloster, Medical Director, North Side Christian Health Center. Dr. Gloster's discussion will include information on specific eye exams and the importance of eye care for diabetics.

Also featured will be an exercise demonstration and fitness discussion lead by fitness expert and author Heather W. Worthy, M.Ed. Heather is a Certified Athletic Trainer by the National Athletic Trainers' Association and Licensed Athletic Trainer by the New Jersey Board of Medical Examiners. She is certified as a Corrective Exercise Specialist and a Performance Enhancement Specialist by the National Academy of Sports Medicine. Ms. Worthy is also the author of *Worthy Workouts: Two Circuit Training Routines Each Week to Reach Optimum Fitness in a Year.*

The Workshop is part of the African American Chamber's two year project entitled "Diabetes: The Silent Killer, Self Management of a Chronic Disease". **The Western Pennsylvania region now has the highest incidence of diabetes among African Americans in the nation!** The project was developed to address the growing concerns among Chamber members over the cost of health insurance to employers and employees, and the number of members who are diabetics. The project consists of eight workshops on the awareness, prevention, and treatment/management options with a focus on all small business owners and professionals, and the economic implication diabetes means for this region.

The Workshops are provided, at no cost, as a public service of the African American Chamber of Commerce of Western Pennsylvania's Business Institute. For more information, or to attend the session, call 412-392-0610.