



**New American
Diabetes Association's
(ADA) Standards of
Medical Care in
Diabetes 2013**

The new American Diabetes Association's (ADA) Standards of Medical Care in Diabetes 2013 is now available online. [Click here](#) to find the executive summary on our website.



Diabetes Alert Day

American Diabetes Association Alert Day® is a one-day "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. This year it is on Thursday, March 26th. www.nmdiabetes.org.

ShapeMichigan

The ShapeMichigan event was a great success with 260 people in attendance. The event included: a vendor expo that focused on increased activity and nutrition; viewing of portions of the HBO documentary *Weight of the Nation* (WON); a panel discussion with experts in the areas of providers, schools, employee wellness, and community; and commitments to health made by local leaders and individuals. The ShapeMichigan event is one piece of the obesity implementation strategy which will include future workgroups in the areas of providers; schools; business; and community.

**Upcoming Cooking
Classes at
Mercy Grayling**

Rhonda Haske from Mercy Grayling and Linda Cronk from MSU Extension are partnering to offer some cooking classes in April. For more information please contact Rhonda at 989-348-0455 or via email at hasker@trinity-health.org



**SAVE THE DATE for
Diabetes Day!**

Join us for this annual free event sponsored by Munson Medical Center Diabetes Education. See the latest in blood glucose meters, insulin pump therapy and learn about the newest therapies and medications. Munson Medical Center Diabetes Educators and others will provide information and education materials including carbohydrate counting, recipes with taste-testing, exercise options, medications, accessing health resources at the Munson Community Health Library and much more. Several physicians will be on hand to answer questions regarding diabetes management.

For more information, call (231) 935-8200 or visit munsonhealthcare.org

**Annual Diabetes Day Open House
Wednesday April 10, 2013
1-3 pm
Bayview Wesleyan Church
720 Wayne Street
Traverse City, MI**