



# UPMC Bedford Diabetes Health Fair

**Saturday, November 18, 2023**

**8 to 11 a.m.**

**UPMC Bedford, Hospital Cafeteria**

November is National Diabetes Month, and UPMC Bedford is increasing awareness of diabetes prevention and management.

A free diabetes health fair for the community will be held in the hospital cafeteria on **Saturday, Nov. 18**, from **8 to 11 a.m.** Attendees should use the cafeteria entrance on the lower level.

## **This event will feature:**

- Foot exams
- Eye exams
- Blood pressure screenings
- Education about blood sugar monitoring
- Cooking demonstration
- Information on wellness and prevention, including meal planning, breathing problems, mental health, diabetes products and shoes, and more.

Community members are invited to attend to receive a gift bag (while supplies last) and enter for a chance to win a door prize.

For more information, contact Sandy Strait, MSN, RN, diabetes educator, at **814-623-3715**.

**UPMC Bedford**  
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