

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

FOR IMMEDIATE RELEASE

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**THE DEPARTMENT OF HEALTH IN ORANGE AND SEMINOLE COUNTIES
PARTNER WITH YMCA CENTRAL FLORIDA FOR
DIABETES AWARENESS AND PREVENTION**

ORLANDO – The Florida Department of Health in Orange and Seminole Counties joins the YMCA of Central Florida during their *Light the Y for Diabetes Awareness and Prevention* event taking place on Thursday, November 13 at 7:30pm at the Downtown YMCA located at 433 N. Mills Ave. Orlando, FL 32803.

During Thursday, November 13 the YMCA invites Orlando Businesses to light Up Orlando Blue by wearing blue in recognition of World Diabetes Day. This day all YMCAs will also be providing free pre-diabetes and diabetes education and screening throughout the day.

The downtown YMCA will offer a Diabetes Academy from 5:30 to 7:30pm followed by the *Light the Y Ceremony* starting at 7:30pm. The Diabetes Academy is a free class provided by Novo Nordisk. During the class a diabetes educator will teach participants on managing their diabetes, and information on diabetes prevention will also be provided.

“DOH-Orange accepts the invitation to *Light Up Orlando Blue* from the YMCA by encouraging employees to wear blue and is committed to continue educating employees and the public on how to prevent or manage diabetes,” said Lesli P. Ahonkhai, Assistant Director of the Florida Department of Health in Orange County.

DOH-Seminole collaborates with the YMCA to offer diabetes prevention sessions through their Diabetes Prevention program every Friday from 11:00am to 12:00pm at the health department office located at 400 West Airport Blvd. Sanford. For more information please contact 407-644-3606.

“The state of the nation’s health is everyone’s concern. The Y is honored to work with many of the nation’s leading organizations committed to using their expertise to help communities achieve better health,” Katherine Beltran, Director for the YMCA Diabetes Prevention Program.

World Diabetes Day is a campaign that features a new theme chosen by the International Diabetes Federation each year to address issues facing the global diabetes community. Healthy Living and Diabetes is the *World Diabetes Day* theme for 2014 - 2016. The 2014 activities and materials focus on the importance of starting the day with a healthy breakfast to help prevent the onset of type 2 diabetes and effectively manage all types of diabetes to avoid complications.

To RSVP and for specific schedules at your local Y please email HealthStrategies@cfymca.org or call 407-895-8659.

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