



FOR IMMEDIATE RELEASE

NEWS RELEASE

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## Diabetes Education Expo Nov. 6 at Missouri College

ST. LOUIS – In recognition of National Diabetes Awareness Month, Esse Health, American Diabetes Association and Missouri College present a Diabetes Education Expo Saturday, Nov. 6, from 9 a.m. to noon at Missouri College, 1045 S. Hanley Road in Brentwood, Mo.

Diabetes affects more than 23 million people in the United States. The free event will provide those affected by diabetes and those who know someone with diabetes with information and resources to help manage diabetes in order to live a healthy and happy life. Experts will lead educational seminars throughout the morning, allowing attendees to ask questions about eye care, foot care, meal planning, heart care and more. A limited number of free dental screenings are available by scheduling an appointment with Missouri College at 314.768.7898. Free, 15-minute chair massages also will be available, as well as delicious food during the Le Cordon Bleu cooking demonstration.

“Diabetes affects such a large percentage of the nation’s population, so we have made it a high priority in our organization to provide the community and our patients with the information and resources they need to successfully manage their diabetes,” said Dr. Kathleen Brunts, chairperson of Esse Health’s Diabetes Wellness Program. “This expo is a great event for people who want to learn more about diabetes and the community resources available to help them and their loved ones with diabetes live healthier lives.”

For additional information about this event, check out [www.essehealth.com/diabetesexpo](http://www.essehealth.com/diabetesexpo) or call Andrea Saeger at 314.851.1053.