

Feria de la Salud
Unidos Contra la Diabetes

Join us in
*Celebrating Life
with Diabetes*

Sunday 11:00 am-4:00 pm
June 26, 2005

Anne Loftus Playground
Fort Tryon Park, Inwood, NY



Latinos and Diabetes

The prevalence of diabetes is 1.5 times higher in Latinos. 2.0 million or 8.2% of all Latino Americans aged twenty years or older have diabetes.

Who's at Risk for Diabetes?

Your risk for diabetes goes up as you get older, gain weight, or if you do not stay active. Risk factors for diabetes include:

- Having high blood pressure (at or above 140/90)
- Having a family history of diabetes.
- Having diabetes during pregnancy or having a baby weighing more than nine pounds at birth.

Diabetes
Know the symptoms:

- Excessive thirst
- Frequent urination
- Extreme fatigue
- Blurred vision
- Weight loss
- Wounds that don't heal
- Tingling in the feet

Free Screening and Information

- Diabetes
- Blood Pressure
- Cholesterol
- Foot
- Vision

Join us
for...



- Music and Dancing**
- Nutritional Information and Cooking Demonstrations**
- Speakers on Topics Related to Diabetes**
- Product Information and Service Booths**

Cooking Demonstrations will be led by **Chef LaLa...** a respected chef and nutritionist
www.cheflala.com



Travel Directions to Anne Loftus Playground
By Subway: A Train to Dyckman St.
By Bus: BX7 or M100 to Dyckman St.
BX12 or BX 20 to 207th St. (Walk 7 blocks down)

*Everybody Dance
For Your Health!*

Benefits of being physically active...

- Lowers blood sugar
- Can help maintain healthy weight
- Improves blood pressure
- Increases energy level



Dance, Move...

- To rhythms of salsa, merengue, cumbia, tejano, mariachi or any other Latin beats that inspires you and keeps you moving.
- Try to be active everyday.
- Dancing is fun and an excellent form of physical activity.

Living an active life is a great way to take care of type 2 diabetes.

Healthy eating and physical activity are partners in successful diabetes control. Eat more fruits and vegetables and choose foods that are lower in fat.

Remember... we can still eat foods we love without losing our Latin flavor – just control those portions.

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