

**“THE LINK”
Support Group Meeting**

**TUESDAY
JUNE 19, 2007
4:00 PM**

**“HEALTHY FEET”
DR. CRAIG JEX
GREAT LAKES PODIATRY**

- ♥ Marquette General Hospital
- ♥ Third Floor
- ♥ Conference Center
- ♥ Conference Room 4

♥ **This will be teleconferenced
to the following locations:**

Newberry - Helen Newberry Joy Hospital
Contact: Sue Holbrook at (906) 293-9128

Ontonagon -
Ontonagon Memorial Hospital Fitness Center
Contact: Winnie Huron at (906) 884-8147

Hancock - Portage Health System
Contact: Joan Rundman at (906) 483-1462

Escanaba - Doctor's Park
Contact: Lori Moreau, RN at (906) 786-4628

L'Anse - Baraga Memorial Hospital
Contact: Bonny Cotter at (906) 524-3354

Laurium - Keweenaw Memorial Medical Center
Contact: Lori Sullivan at (906) 337-4187

Brimley - Bay Mills
Contact: Vicki Musser at (906) 248-5527

Manistique - Schoolcraft Memorial Hospital
Contact: Cory Renk at (906) 341-3276

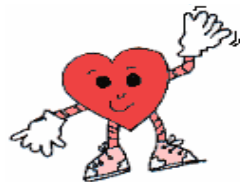
HEALTHY FEET
By: Sarah Balko, R.D., C.D.E

The focus of this month's topic is feet. Foot care is important in anyone, not just those with diabetes. Good foot care can ensure that your feet stay healthy so that you can use them to get moving.

Now that the nice weather is here to stay, it gives us all the perfect opportunity to get outdoors and start walking.

Many chronic diseases can impact foot health; atherosclerosis, arthritis, and diabetes, just to name a few. Taking improper care of your feet can put you at an increased risk of some serious problems, making it very difficult to continue to do other things that are important for your good health.

So, join us this month and learn how to take care of your feet, problems to look for, and when you should see a podiatrist.



5 SERVINGS A DAY

Now that Summer is just around the corner, what better time to set a goal of incorporating more fruits and vegetables into your diet. Not only do fruits and vegetables supply our bodies with energy, but they are packed with fiber, vitamins, minerals, and phytochemicals necessary for good health. Aim for 5 or more servings of different fruits and vegetables each day. Give the recipe in this pamphlet a try for a new way to work in fresh fruits and vegetables in one salad.

CHOOSE THE RIGHT FATS

Some fats are needed for normal body functioning. However, saturated fats and trans fats are especially bad for your heart. Experts recommend you keep your intake of these fats and cholesterol as low as possible. Check them out on Nutrition Fact labels. Also, note that trans fats are often found in baked and fried foods, but never in fruits and vegetables.