

# News Release

## FOR IMMEDIATE RELEASE

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## Diabetes Author Offers Firsthand Knowledge and Useful Strategies

*Little changes mean healthy results for people with type 2 diabetes*

Seattle, WA — Feb 18, 2008 — With nearly 81 million people in the United States having either diabetes or pre-diabetes, there is sharp need for practical, day-to-day information that can help type 2 diabetes patients. Several Lincoln Hy-Vee grocery stores are making hands-on advice available at free seminars, Friday March 6 and Saturday March 7. Those with pre-diabetes can also benefit from these seminars; knowledge from these hour-long sessions can be applied to help reduce their chance of developing type 2 diabetes.

The featured guest is Donna Kay, a diabetes lifestyle coach and co-author of *The Complete Diabetes Lifestyle* ([www.thecompletediabeteslifestyle.com](http://www.thecompletediabeteslifestyle.com)). Kay, who had no family history of type 2 diabetes when she was diagnosed at age 35, first approached diabetes as a battle to win. “Later I realized it is not a war; it’s something that needs to be managed,” says Kay. “Now, I don’t fight my diabetes, I manage it every day.”

During her seminars, Kay uses humor and inspiration as she shares her first-hand knowledge about making lifestyle changes that actually fit into daily life, how to create a top-notch health care team and ways to manage this chronic illness that still allows for a fun and fulfilling life. “Living a successful life with type 2 diabetes is about making little changes and small choices that become big changes and important choices over time,” concludes Kay. “I have lost more than 40 pounds and am in the greatest shape of my life. Best of all, my blood sugar is in a much healthier range than it was when I was diagnosed a few years ago. Anyone can do this.”

Kay will be providing free seminars March 6–7 at these Hy-Vee locations:

**Friday, March 6, 2 p.m.** Williamsburg Hy-Vee, 6001 Village Drive, Lincoln, Nebraska 68516. Marcia Wallen, 402-421-2462

**Friday, March 6, 6 p.m.** Northern Lights Hy-Vee (84th & Holdrege), 1601 North 84th Street, Lincoln, Nebraska 68505. Becky Guittar, 402-467-5505

**Saturday, March 7, 2 p.m.** Superior Hy-Vee, 5020 North 27th Street, Lincoln, Nebraska 68521. Nikki Ford, 402-477-4764.

Generous support is provided by Abbott Diabetes Care.

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### About *The Complete Diabetes Lifestyle*

*The Complete Diabetes Lifestyle* (Big Think Media, Inc., ISBN 978-0-978810818, 158 pages, \$14.95 paperback) is a firsthand account of living with type 2 diabetes. Loaded with humor, practical tips, mind-body wisdom and real-life emotion, this book demystifies diabetes and serves as a personal coach to help others tinker, tune and adjust their way into a new lifestyle.



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