



United Hebrew Geriatric Center Hosts Second Seminar for Healthy Living

Guests learn how to manage lifestyle with diabetes

New Rochelle, NY - (December 6, 2007) - United Hebrew Geriatric Center (UHGC), a multi-service senior living campus in New Rochelle, NY, recently hosted a seminar, *Living with Diabetes: What you need to know*, which was the second UHGC Seminar for Healthy Living.

More than 50 people attended the event, which was held at Willow Towers, the assisted living facility at UHGC.

Panelists included Nora O'Brien, Director of Rehabilitation, United Hebrew Geriatric Center, which is part of the Burke Rehabilitation Hospital Network; David K. Bloomgarden, MD, Endocrinologist, Attending Physician, White Plains Hospital Center; Elizabeth DeRobertis, Nutritionist; Dawn Sheafe, Diabetes Program Coordinator, White Plains Hospital Center; and Everet E. Owens, Diabetes Program Coordinator, Sound Shore Medical Center.

Panel members addressed the importance of diabetes control and prevention, how to prevent complications from diabetes, how to manage a successful lifestyle with diabetes and how exercise can help improve the life of a person with diabetes.

"Diabetes is the fifth deadliest disease in the United States. According to the American Diabetes Association, nearly 21 million people in this country have diabetes. It is imperative for people to understand what puts them at risk for diabetes and how to manage it once they have it," said Rita Mabli, UHGC President/CEO.

United Hebrew Geriatric Center is located at 391 Pelham Road, New Rochelle, New York 10805. Willow Towers is located at 355 Pelham Road, New Rochelle. For further information, visit www.uhgc.org.

About United Hebrew Geriatric Center : United Hebrew Geriatric Center (UHGC) is a vibrant not-for-profit, non-sectarian, multi-service senior living campus serving the Westchester metropolitan area since 1919. UHGC offers a rich array of skilled and community-based programs and services that encourages and supports a life of dignity and spirituality and promotes the highest possible quality of life. UHGC serves over 600 clients daily in its campus facilities -- Willow Towers, a 126 unit assisted living residence; a 270 bed Nursing Home; the 135 unit Low-Savin Apartments for seniors; a Long Term Home Health Care Program; and the Azor Home Health Agency. Its newest project, the renovation and expansion of its nursing home facility, combines world-class care with state-of-the-art features.

###

Local Press Contact:

Lauren B. Kaufman
Co-Communications, Inc.
914-666-0066

lauren@cocommunications.com

Photo (from left to right): David K. Bloomgarden, MD, Endocrinologist, Attending Physician, White Plains Hospital Center; Elizabeth DeRobertis, Nutritionist; Nora O'Brien, Director of Rehabilitation, United Hebrew Geriatric Center, which is part of the Burke Rehabilitation Hospital Network; Dawn Sheafe, Diabetes Program Coordinator, White Plains Hospital Center; Everet E. Owens, Diabetes Program Coordinator, Sound Shore Medical Center; and Rita Mabli, president/CEO of United Hebrew Geriatric Center at the *Living with Diabetes: What you need to know*, part of the *Seminars for Healthy Living* at United Hebrew Geriatric Center's Willow Towers

