

**Date:** February 19, 2010

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**Montgomery College to Host “Diabetes University” on March 6**  
*Free Program for People with Diabetes, Family Members, Caregivers, Educators*

Montgomery College will host a free, half-day “Diabetes University” on Saturday, March 6 from 9 a.m. to noon in the Theatre Arts Arena at the College’s Rockville Campus, 51 Mannakee Street, Rockville, Md. The program is designed for people with diabetes, their families, caregivers, and educators.

Topics and speakers include:

- **“Nutritional Deficiencies Following Gastric Bypass Surgery,”** by Charlotte Gollobin  
Ms. Gollobin will discuss her 30 years of experience in correcting nutritional deficiencies following gastric bypass surgery, which is becoming a common treatment for obesity-related diabetes.
- **“Gluten Sensitivity and Diabetes,”** by Dr. Phil Shambaugh  
Dr. Shambaugh will explain how gluten protein can produce inflammation that can contribute to diabetes.
- **“De-stress and Release Anxiety in These Chaotic Times,”** by Betty Figlure  
During these times of economic uncertainty and high stress living, Ms. Figlure will offer ways to de-stress and release anxiety.

Diabetes University is sponsored by the Marriott Hospitality Center at Montgomery College and the Diabetes Action Research and Education Foundation. A snack break with healthy food samples will be provided to all program participants. Parking is available in the College’s south parking lot.

Admission to the event is free, but registration is required. To register and to get directions to the conference, visit [www.diabetesaction.org](http://www.diabetesaction.org) or call 202-333-4520.

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*Montgomery College is a public, open admissions community college with campuses in Germantown, Rockville, and Takoma Park/Silver Spring, plus workforce development/continuing education centers and off-site programs throughout Montgomery County, Md. The College serves nearly 60,000 students a year, through both credit and noncredit programs, in more than 100 areas of study.*