

Memorandum

To: Practitioners and Office Managers

From: Lupe Gonzalez, Ph.D., M.P.H.
Director of Health Education

Re: **Community Health Fair and Forum: Diabetes Prevention**

Date: November 15, 2016

November is Diabetes Awareness Month. In an effort to increase awareness, Gold Coast Health Plan's (GCHP) Health Education Department is hosting a Community Health Fair and Forum on Diabetes Prevention. The event will be held on Saturday, November 19, from 10:00 AM – 1:00 PM, at the Oxnard Public Library.

GCHP has partnered with various health care agencies and community based organizations throughout the county to provide free health screenings that include: blood glucose, blood pressure, body mass index (BMI), and cholesterol. Flu shots will also be provided.

Gabriel Guillen RN, BSN, MBA, supervisor of community health education at St. John's Regional Medical Center, will be the keynote speaker. Mr. Guillen will discuss various methods of screening for diabetes and ways to prevent its onset.

[Click here](#) to download the flyer in English and Spanish.

Please distribute the flyer to your members who may benefit by attending the workshop.

Interpreter services will be provided free of charge to participants.

If you require more information about the health fair, please send an email to the Health Education Department at healtheducation@goldchp.org.

Thank you!