

# 2013 Calendar of Events

- January 8/13 Diabetes Session / Speaker: Patrick Lucas, DPHSS, Diabetes Prevention & Control  
Topic: "Prevention of Diabetes and Non-Communicable Diseases on Guam."
- February 2/13 Community Outreach/ joint with International Sport Center Health Fair , Agana  
Shopping Center , Glucose & Blood Sugar Screening/ Table Top Display
- February 12/13 Diabetes Session / Speaker: Dr. Michael Mercado, MD, FAAFP, LCDR, MC, USN.  
Topic: "Diabetes: Keys to Being Proactive Patient."
- March 1/13 Community Outreach / Simon Sanches High School Health Fair  
Table Top Diabetes Posters and brochures display .
- March 12/13 Diabetes Session/ Speaker: Candy Sim, MPH, RD, SDA Clinic & Wellness Center  
Topic: "Diabetes: What you can do."
- March 15/13 StayWell Health Fair , Marriott Hotel, Table Top Display
- March 16/13 Community Outreach at Payless Kick the Fat 5K Run at the Paseo  
GDA - Table Top Display distribute Diabetes Brochures.
- April 9/13 Diabetes Session/ Speaker: Dr. Jitka Lom, MD Medical Director/ Owner-Express  
Care Health and Skin Care Guam.  
Topic: "Diabetes: Practical Tips & Pearls for the Best Possible Life with Diabetes."
- April 28/13 Community Outreach: Iglesia Ni Cristo church , Harmon, Dededo  
Glucose and Blood Pressure Screening/ Table top display.
- May 11/13 Community Outreach/ joint with StayWell Health Fair, Dededo Sports Center  
Table Top Diabetes Posters/Brochures display
- Mat 14/13 Diabetes Session/ Speaker: Donabel Little, DTR, CDM, CFPP, TakeCare Asia  
Topic: "Living With Diabetes"
- May 18/13 Community Outreach \_Big Brothers Big Sisters Health Fair- Dededo Sports Center
- May 19/13 Community Outreach ; GNA Health Fair, Agana Shopping Center  
Glucose and Blood Pressure Screening/ Table top display
- May 25/13 9<sup>th</sup> Charity Cost-U-Less Charity Golf Tournament- Starts Golf Resort  
Community Outreach / Blood Pressure & Glucose Testing and Body Fat Analysis.
- May 29/13 "Dinner for Life" - hosted by the Guam Diabetes Association. Governor's House
- June 11/13 Diabetes Session/ Speakers: Jina Rojas & Glynis Almonte, RN  
Topic: "Mountain Pacific Guam Diabetes Project/ MediKeeper."
- July 9/13 Diabetes Session /Speakers: Bernie Nelson , Topic: "Medicinal Plants for Diabetes."  
Christy Golconda & Rose Calma, Topic: "Cavilon, Skin Cream for Diabetes."
- July 27/13 Community Outreach at Island Fresh Supermarket , Chalan Pago  
Blood Pressure & Glucose Testing by Guam Nurses Association
- August 10/13 Community Outreach at Cost -U-Less , Tamuning ,GDA will do Free Health  
Screening/ Table Top Display
- August 13/13 Diabetes Session: Speaker: Agnes White, RN, CDE, Health Services of the Pacific  
Topic: "Standard Care & Dealing with Diabetes."

Sept.10/13	Diabetes Session:/ Speakers: Paradise Fitness and Ed Aguon Topic: “ No-Stress Fitness Group Exercise.”
Sept.14/13	Community Outreach at Cost- U-Less Harmon/ Blood Pressure and Glucose Screening.
October 8/13	Diabetes Session / Speakers: Gloria Long, Chief Operating Officer, & Carlos Pangelinan ,Community Relation Officer, GRMC Topic: GRMC new Hospital Update. The importance of Anti-oxidant -video presentation by Linda Simon.
Oct. 19/13	Healthy Mothers/ Healthy Babies - Micronesia Mall / 10am-2pm
Oct, 19/13	USTAOG Medical Mission - Harmon Health Screening. 2pm- 5pm
October 26/13	Community Outreach/ Primera Health Fair hosted by First Hawaiian Bank Blood Pressure and Glucose Screening/ Counseling / Agana Shopping Center
October 27/13	Community Outreach at Micronesia Mall “Make a Difference Day” hosted by PDN.
October 29/13	Diabetes Month ( November )Proclamation Signing . Governor’s Conf. Room
November 10/13	14 <sup>th</sup> Annual Guam Diabetes Conference / Hilton Guam Resort & Spa
December 7/13	Volunteers Appreciation / Christmas Party