



For Immediate Release:
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**THE EYE INSTITUTE OF SALUS UNIVERSITY OFFERS
*DINING WITH DIABETES PROGRAM***

(Elkins Park, PA) – A free five-week diabetes management program will be taking place at The Eye Institute of Salus University (TEI). The goal of the program, offered in conjunction with Penn State Cooperative Extension, is to help individuals with diabetes understand the most important aspects about managing their disease. Registered Dietitians and Certified Diabetes Educators will lead discussions addressing topics such as: important numbers to be aware of, planning healthy meals, and the impact of physical activity. Lab tests will be offered to measure HbA1c values.

This class will provide valuable information for those with Type 2 diabetes. Classes will take place at TEI, 1200 West Godfrey Avenue, Philadelphia, on Thursdays from 9:30 a.m. to 11:30 a.m. each week from October 22 through November 19 with a three-month follow-up class on January 28. Classes will include food demonstrations, exercise ideas and group discussion. In addition to handouts and test results, participants will receive a variety of materials including a complete collection of Dining with Diabetes recipes.

Dining with Diabetes, offered through Penn State Cooperative Extension, is an approved research project conducted by Penn State University. The program is free and open to the public. Registration is required with a deadline of October 9, 2015. To register, please call 215-276-6070 or email dmcreynolds@salus.edu.

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About Salus University

Salus University, founded as the Pennsylvania College of Optometry in 1919, today is a diversified, globally recognized professional academic center of learning that offers a wide range of degree programs in the professions of Optometry, Audiology, Physician Assistant, Public Health, Education and Rehabilitation for the Blind and Visually Impaired, Biomedicine, Occupational Therapy and Speech-Language Pathology. The University has more than 1,100 students, including PhD candidates, and more than 12,500 alumni worldwide. For more information, please visit www.salus.edu.

About The Eye Institute

The Eye Institute (TEI), since opening its doors in 1978, has been a valuable vision care resource for Philadelphia and all of the Delaware Valley. As the clinical practice of the Salus University Pennsylvania College of Optometry, TEI employs a multidisciplinary approach – with optometrists, ophthalmologists, opticians, optometric technicians, optometric interns (trainees) and other health care professionals working together to provide total vision care for nearly 50,000 patients annually. The Eye Institute has locations in Oak Lane, East Falls and Chestnut Hill.