



**VA Health Care Upstate New York
VA Western New York Healthcare System**
3495 Bailey Avenue | Buffalo, NY 14215
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www.buffalo.va.gov

FOR IMMEDIATE RELEASE

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VA Diabetes and Wellness Fair

BUFFALO - A Diabetes Prevention and Wellness Fair will take place at VA Western New York Healthcare System, Monday, November 16 from 11am -2pm. The event takes place at the Buffalo site, 3495 Bailey Avenue, Freedom Hall (Room 301) and will include nutrition and other educational information, cooking demonstrations, along with flu vaccines to Veterans enrolled in VA health care.

At noon, Dr. Jesus Ligot, Jr., M.D. FAPA will present his personal journey conquering and managing diabetes which was featured in the *Reflections column of Diabetes Forecast Magazine* (July-August 2015), the official publication of the American Diabetes Association. Dr. Ligot is a VA Psychiatrist, VA Batavia PTSD Residential Treatment Program and PRRP, and Clinical Assistant Professor of Psychiatry at SUNY at Buffalo as well as the President-Elect of Western New York Psychiatric Society.

VA Western New York Healthcare System's Diabetes Education program is recognized by the American Diabetes Association (ADA) for a quality diabetes self-management education program. Vietnam Veterans exposed to Agent Orange that have diabetes may have benefits coming to them that are going unused. For more information, go to www.buffalo.va.gov.

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