As part of our ongoing commitment to improve the health and wellness of staff and their families through our “Be Your Best Program,” William & Mary brings you a seminar on diabetes risk and prevention from nationally recognized clinical consultant Terry Thomas. Come learn what’s behind this epidemic and whether you may be at risk. The connection between diabetes and heart disease and stroke will also be explained.

After the seminar, you will be eligible to sign up for an advanced blood test at a small cost and specifically designed for early detection of diabetes and heart disease. This is a special offer that William and Mary has arranged with n1Health Williamsburg and the Cleveland Heart Lab.

**Terry Thomas**

Terry Thomas, RN, MSN, FNLA, FPCA recently served as Clinical Director for Health Diagnostic Laboratory, Inc.’s population health clients, including health systems and secondary prevention programs. With more than twenty years of experience as a clinician in cardiovascular nursing and preventive cardiology, Terry has developed heart disease prevention programs. While at the University of North Carolina at Chapel Hill, she developed the first women’s heart disease prevention program in that state and one of the first in the country.

**Date:** March 23, 2016  
**Time:** 8:30 am - 10:30 am  
**Location:** Sadler Center  
**Tidewater A/B**