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**For Immediate Release**

March 24, 2016

**Georgetown Hospital Foundation and Halton Healthcare hosts Diabetes Friendly South Asian Cooking Seminar**

**(Georgetown, ON) March 24, 2016** – The Georgetown Hospital Foundation and Halton Healthcare Services is reaching out to the South Asian community by hosting a **FREE Diabetes Friendly South Asian Cooking Seminar** on Saturday, April 9, 2016 at 3:30 pm, at the The Real Canadian Superstore - PC Cooking School (upstairs) located at 3050 Argentia Road, Mississauga.

This fun, hands-on culinary event will teach participants how to cook delectable diabetes friendly versions of their favourite South Asian recipes. It will feature live cooking demonstrations with Sobia Khan, Registered Dietitian and Professor, The Centre of Hospitality and Culinary Arts at George Brown College (GBC), assisted by culinary students from this GBC program. A South Asian herself, Professor Khan has focused on creating culturally focused resources, education and recipes for populations at high risk for diabetes such as the South Asian community. She has recently published a multicultural diabetes cookbook entitled [150 Best Indian, Asian, Caribbean and More Diabetes Recipes](#)

“We know that lifestyle factors such as eating habits can play a major role in the onset, severity and prevention of this chronic disease. Our traditional foods are a very important part of our South Asian culture – and how we prepare and plate them can go a long way in managing diabetes,” notes Professor Khan. “We have taken some traditional South Asian recipes and successfully modified them to be diabetes friendly according to the Canadian Diabetes Association nutrition guidelines. Our goal is to create healthy versions of traditional ethnic dishes that look and taste great with all their authentic flavours. We will also discuss the importance of portion control and show participants that you don’t have to sacrifice flavour and tradition in order to eat healthy.”

Participants will have the opportunity to taste dishes and receive recipes as well as south asian cooking resources. They will also meet Huda Rashid, a Registered Dietitian from The Real Canadian Superstore – PC Cooking School and learn about the various in-store diabetic friendly services and programs available to the South Asian community.

“The South Asian population in the Halton Region is growing rapidly, and the prevalence of diabetes among South Asians is four to six times higher than the general population. When considering recent immigrants to Halton and Peel regions, nearly half (48%) are South Asian. The increasing population of South Asians, and their higher predisposition to developing diabetes, underlines the importance of providing culturally sensitive diabetes care for this community,” explains Yumna Khan, Registered Dietitian, Halton Diabetes Program. “I will also be on hand at this seminar to provide resources and answer any questions.”

“We are very excited about this cooking seminar – which we are hosting in partnership with the Real Canadian Superstore - PC Cooking School, George Brown College, the Halton Diabetes Program and Halton Healthcare. It is the first in a series of health seminars that we are planning this year for the communities our Georgetown Hospital serves. A lot of South Asian patients and donors from the Mississauga and Brampton area visit our Georgetown Hospital and we wanted to do seminar that would be of specific interest to them – one that will help promote healthy living,” said Mary McPherson, Director of the Georgetown Hospital Foundation. “It promises to be a very fun, informative and tasty event. Join us ....Everyone is welcome!

Interested guests should RSVP to the Georgetown Hospital Foundation office at **905-873-0111, ext. 8241** or by email: **[jmcnally@haltonhealthcare.on.ca](mailto:jmcnally@haltonhealthcare.on.ca)**

About Georgetown Hospital Foundation:

The Georgetown Hospital Foundation is the fundraising arm of Georgetown Hospital. The Foundation plays a key role partnering with the communities within Halton Hills to ensure that the Georgetown Hospital is equipped to provide high quality patient care today and into the future.

About Halton Healthcare:

Halton Healthcare is a healthcare organization comprised of three community hospitals - Georgetown Hospital, Milton District Hospital and Oakville-Trafalgar Memorial Hospital. Together these hospitals provide healthcare services to more than 325,000 residents in the communities of Halton Hills, Milton, and Oakville. Halton Healthcare hospitals have been recognized for their best practices in a number of patient safety and patient care initiatives. For more information, visit [www.haltonhealthcare.com](http://www.haltonhealthcare.com). Follow us on Twitter @HaltonHlthcare.

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