



## **For Immediate Release**

### **A Diabetic Holiday Lifestyle and Eating Guide by DiabeticConnect.com**

Helps diabetics deal with holiday stress through good food, relationship and exercise tips

**Salt Lake City, Utah**, Nov. 19, 2010 — This holiday season diabetics have more resources than ever to have a happy and healthy Thanksgiving, Hanukkah, Kwanzaa and Christmas.

In the spirit of giving, all of Diabetic Connect’s holiday resources — from a free downloadable recipe book to helpful tips and articles on handling holiday stress — are available to everyone at <http://DiabeticConnect.com/holiday>.

To usher in the holiday season Diabetic Connect is providing the *Best of Diabetic Connect Diabetic Holiday Recipes*, a free 54-page eBook. Sign up for a free Diabetic Connect membership to gain access to the collection of diabetes related holiday resources and additional information for diabetics and those who love them. All of these free resources can be found at <http://DiabeticConnect.com/holiday>.

Additional tools and resources available on <http://DiabeticConnect.com> include Facebook-like status updates for members to share how they feel in real-time, a “support wall” for sending virtual gifts such as flowers and hugs, and a “like” feature for feedback on product reviews, recipes, videos and other user-generated content.

“We hope these free online resources will help people with diabetes and their families navigate the many unique challenges they face during the holiday season,” said Amy Tenderich, Diabetic Connect community manager and renowned blogger. “We cover everything from counteracting stress, to practical tips for healthy eating, traveling with diabetes, getting enough exercise, and dealing with awkward social situations over the holidays – all from the perspective of people living with diabetes themselves.”

### **About Diabetic Connect**

With more than 300,000 registered members, Diabetic Connect is the leading social network for people affected by diabetes. The site attracts well over one million unique visits each month and is among the Internet’s top 50 most-visited health websites. Visit <http://DiabeticConnect.com> to learn more.

### **About Alliance Health Networks**

Alliance Health develops and hosts social health networks, like <http://DiabeticConnect.com>, that unite individuals and market participants in online communities. Its 18 social health networks include <http://ArthritisConnect.com>, <http://DepressionConnect.com>, and <http://HeartConnect.com>. (For a complete listing of



the company's social health networks visit <http://News.AllianceHealthNetworks.com> and click on Overview.) Alliance Health properties provide tools and services specifically designed to help members share health-related information and experiences. For more information call 801.355.6002 or visit <http://AllianceHealthNetworks.com>.