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## **InfoCision employee invited to learn from Oprah's experts**

*24 women from Dayton church congregation receive advice on managing their diabetes*

Dayton, Ohio, February 10, 2010 – Diane Jackson and several of her fellow church sisters had thought they were doing a good job of managing their diabetes. That was until they spoke to a panel of health and fitness experts who work with none other than Oprah Winfrey.

Twenty-four women from Mt. Zion Church of God Holiness in Dayton, Ohio were recently invited to attend a taping of [The Oprah Winfrey Show](#), which aired on February 4 and discussed the dangers of diabetes as a silent killer. About half of the church's congregation (including men) has been diagnosed with diabetes, and their community meals had regularly featured many foods that diabetics should be avoiding. Jackson, a receptionist at [InfoCision's](#) Dayton call center location for the last three years, learned several things that she believes will help her and her fellow churchgoers to lead longer and healthier lives.

"As a diabetic, I knew the basics; to stay away from foods that are high in sugars, fried foods, and to eat my fruits and vegetables," said Jackson. "But [Oprah's trainer, Bob Greene](#), really opened my eyes to some foods I was eating that contain way too much sugar and sodium; which I learned is also very important for diabetics to regulate. For instance, I enjoy fat-free ranch dressing but the sodium content is far too high, so I am going to have to really cut back on that."

In addition to attending the show, the women also took part in Diabetes Boot Camp with Greene, which stressed the importance of regular exercise, regular medical checkups, proper eating, and how to read nutrition labels to spot unhealthy ingredients.

Jackson appreciates working for a company that makes it easier for her to do the things Greene stressed to manage her disease. InfoCision's Dayton location operates an [on-site fitness center and an on-site wellness clinic](#) that is staffed by local doctors, Michael Dulan, MD and Rosalind Moore-Dulan, MD during specified hours each week.

"I really enjoy walking outside, but with a fitness center right where I work, I can't let the rain be an excuse anymore because I have treadmills right down the hall," said Jackson. "And having a doctor in the building is just great because if I don't feel well I can get in right away, which isn't always possible with my primary physician. Having great benefits like this has definitely made things easier for me."

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In addition to Greene, the panel of experts included Dr. Ian Smith, Dr. Mehmet Oz and Chef Art Smith. But Jackson doesn’t believe you need a panel of experts to help you manage diabetes well. You just need to stay informed, make good eating decisions, be active and listen to your doctor or healthcare professional.

“The biggest thing for a diabetic to remember is that if you don’t feel right, you need to get in to your doctor so your levels can be tested,” said Jackson. “Diabetes is very dangerous, but it is not a death sentence. With dedication you can manage the disease and still lead a long and fulfilling life.”

#### **About InfoCision**

Founded in 1982, InfoCision Management Corporation is the second largest privately held teleservice company and is a leader in customer care services, commercial sales and marketing for a variety of Fortune 100 companies and smaller businesses. InfoCision is also a leading provider of inbound and outbound marketing for nonprofit, religious and political organizations. Headquartered in Akron, Ohio, InfoCision operates 30 call centers at 12 locations in Ohio, Pennsylvania and West Virginia. InfoCision has been named one of the top ten best employers in Ohio by the state chamber of commerce. For more information on InfoCision please visit [www.infocision.com](http://www.infocision.com).